

BREAKFAST FOOD PATTERNS

SCIENCE tells us that any diet is satisfactory if there is a proper balance of carbohydrates, proteins, vitamins and minerals, and if it provides enough calories—that is, if there is enough to eat of the right foodstuffs. People have their own ideas and usually these are not based on science. They stem from folk lore, from national custom and habits, and, in developing countries, choice is limited in the main to foodstuffs grown in the country.

Have you ever wondered why certain countries live mainly on cereals? Geography, of course, influences food patterns. Rice-growing countries are such by virtue of the fact that rainfall and climate are more suited to that crop than others. As countries develop they can vary their diet from their basic crops by importing other foods from all over the world. While countries are developing they cannot afford to supplement their own food resources from abroad. Further, they cannot afford to grow foodstuffs needed to round off their diet into a balanced one. Economic factors have a greater effect than geography on food patterns.

If you have a limited budget you will produce that which will give the most return from the land available, and the sort of crop which will go furthest in feeding the family. Foods that yield more calories than others in return for the same amount of money spent in production are cereals, starchy roots and sugar. They also take less land and labour to produce a given number of calories. Animal products, milk, meat, and eggs are more costly to produce in land, money and labour. Hence, although these are richer in some essen-

This is the text of a talk on health broadcast recently from ZB, ZA, YA and YZ stations of the NZBS by DR H. B. TURBOTT, Deputy-Director-General of Health

tial nutrients, they are not grown extensively in poor countries, and the people have to rely on starchy foods, cereals and roots. Thus a food pattern is developed.

Custom and habit influence food patterns, too. A good example is the difference between the English and French breakfast. While the Englishman enjoys his substantial meal of kipper, or chop, or bacon and egg, the Frenchman thrives on a meagre but pleasant snack of rolls and coffee. Here in New Zealand we are indeterminate about our breakfast. Some households are as near to Continental style as can be, in that they have a carbohydrate type of breakfast, tea and toast with marmalade. Other families keep the English breakfast going, using eggs, bacon and meat.

You hear people say that they don't feel like eating in the morning. They simply couldn't eat a cooked breakfast! Housewives and business women, and many men have very light or no breakfasts. Yet, when travelling or staying at hotels, these folks usually very happily tuck away a substantial early morning meal! It is often a fact that the person light at breakfast time is a heavy carbohydrate eater at morning tea time. It seems that some people who think they can do without breakfast, enjoy it away

from home, and others make up for the lack at morning tea time. It seems that some form of breakfast is desirable for everybody.

What shall it be? Do we all need a cooked breakfast in the English fashion? Certainly not! The fact is established nutritionally, however, that we do need some worthwhile protein first thing in the day. People who get this have greater working efficiency. Now if you are a "no-breakfaster" you can get this protein from a glass of milk or milk coffee. That protein can be obtained from cereal eaten with generous helpings of milk. If the household dislikes hearty consumption of milk, then a cooked breakfast is desirable, such as egg and bacon, and the protein is derived elsewhere than from milk. The breakfast story is influenced largely by the family attitude to use of milk.

I think there are established breakfast patterns in our land. A cup of tea only, but morning tea with scones or buns or other carbohydrates. Tea and toasters are another group. Porridge, cooked or pre-cooked kinds, tea and toast, is another style. Cooked breakfasts, preceded or not with porridge, are, I believe, a minority group in New Zealand. These last have no need to worry about mid-morning fatigue or loss of efficiency half way through the morning.

The other patterns of breakfast are made good by adding protein in the form of milk. The "no-breakfasters" should drink a glass of milk, or have milk coffee instead of tea. The school children and teenagers, besides porridge with plenty of milk, should have a milk drink in addition. Remember, protein is needed at breakfast, and you have it on hand, quickly, in a milk drink.

Another Forsyte Serial

THE FORSYTE SAGA, the most important work by the English novelist John Galsworthy, consists of three novels, *The Man of Property*, *In Chancery*, and *To Let*. All three have been dramatised in serial form by the BBC, and the first two were played some time ago as they became available. Now, following a replay of *In Chancery* by the YCs, comes *To Let*, the third part of the Saga.

The theme of the trilogy is the possessive instinct which is embodied to an exaggerated degree in the Victorian character of Soames Forsyte. His passion for acquiring all things desirable and showing his ownership over them extends even to the children of the Forsyte family. By the end of *In Chancery*, Soames and Irene have each remarried. In *To Let* the children of these second marriages are grown up—John, son of Irene and Jolyon Forsyte, and Fleur, the daughter of Soames and the French Annette Lamotte. Fleur and John meet and fall in love in spite of the strong opposition of their parents, for whom the unhappy past is still exerting a strong influence. The end of the series leaves the Forsyte family and way of life changed completely.

In this production Irene and Soames are still played by Grizelda Hervey and Ronald Simpson, while Leo Genn replaces Guy Rolfe as Jolyon. John Forrest takes the part of Jon and Monica Grey is Fleur. The producer was Hugh Stewart. *To Let* starts from 2YC on Monday, September 16, and from 3YC and 4YC on Saturday, September 21, following later from 1YC.



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