

# SECRETS OF FOOD



For School Children  
Dietetic advice with Calculated  
Nutritious Recipes



Good Health is Wealth  
Good Diet keeps you Right



- A**pple is good against constipation and diarrhoea
- B**anana is good against constipation.
- C**abbage enhances immunity in the body.
- D**ates are good against anemia.
- E**gg is a complete protein which is also good for Children.
- F**enugreek leaves alleviates anemia and constipation
- G**oose berries cure all inflammations.
- H**oney is useful for chest complaints.
- I**ce – cream is high calorie diet that fits for kids
- J**ack fruit is good for gastric distress
- K**idney beans are a high quality protein for vegetarian people.
- L**emon helps to relieve rheumatism.
- M**ango Juice checks anemia.
- N**utmeg alleviates flatulence, vomiting and diarrhoea.
- O**ats helps to lower the blood cholesterol by its soluble fiber.
- P**omegranate helps to cure stomach inflammation.
- Q**uark is a cheese from skimmed milk that alleviates diabetes.
- R**aisin is an excellent snack for endurance athletes.
- S**oya beans protects against cancer, osteoporosis etc.
- T**omato Juice is good for kids to enhance digestive process.
- U**nsaturated fats protects against heart disease.
- V**egetarians tend to be slimmer than meat eaters.
- W**alnuts reduce the risk of heart diseases and stress.
- X**igua is a melon variety that helps to reduce weight.
- Y**ogurt counteracts irritable bowel syndrome.
- Z**izyphus (Elantham Pazham) is an energetic fruit for children.



## CHUTTNEY VARIETIES



### 1. RIDGE GOURD CHUTTNEY:

Ridge Gourd	-	1
Onion	-	1
Tomato	-	1
Dry Chillie	-	1 or 2
Mustard	-	¼ tsp
Salt to taste		

#### **Method:**

1. Remove the nerves from vegetables and chop it finely.
2. Add chillie, chopped vegetable, onion, tomato etc in a little heated oil.
3. Saute it well and add salt.
4. Grind the mixture coarsely.
5. Add mustard in half spoon of heated oil and allow it to crackle.
6. The mix it with vegetable paste.

### 2. BEET ROOT CHUTTNEY :

Beet root	-	1
Tamarind	-	size of cheery
Cumin	-	½ tsp
Dry chillie	-	1 or 2
Salt to taste		

#### **Method:**

1. Grate beetroot.
2. Fry cumin and chillie along with beetroot in a spoon of heated oil.
3. Grind the mixture slightly with tamarind and salt
4. Serve it as a side dish to dosai and chappathi.

### 3. GREEN CHUTTNEY :

Mint	-	¼
Corriander leaves	-	½
Curry leaves	-	1 strip
Tamarind	-	size of cherry
Dry chillie	-	1 or 2
Mustard	-	½ tsp
Black gram dhal	-	1 tsp
Salt to taste		

#### **Method:**

1. Saute mint leaves in little oil.
2. Crackle mustard and followed by dhal in little oil.



## LUNCH VARIETIES



### MAIN COURSE

#### 1. MASHED GREENS AND DHAL :

Amaranth or spinach	-	1 pile
Red gram dhal	-	100 gm
Onion	-	1
Ginger	-	1 small piece.
Garlic	-	4 nos.
Tomato	-	2
Chillie powder	-	¾ tsp
Corriander powder	-	½ tsp
Turmeric Powder	-	¼ tsp
Black gram dhal	-	½ tsp

Bengal gram dhal	-	½ tsp
Mustard	-	¼ tsp
Fenugreek	-	¼ tsp
Salt to taste		

#### Method:

1. Soak dhal in water for fifteen minutes and cook it in pressure cooker with turmeric.
2. Clean the green vegetables and chop it.
3. Chop onion, tomato, garlic and ginger.
4. Cook green vegetable, onion, tomato, garlic and ginger with cooked dhal, mash it.
5. Add chillie powder, corriander powder and salt. Allow it to boil for five minutes.
6. Season it with black gram, bengal gram dhal, mustard and fenugreek.

#### 2. COCONUT DHAL :

Green gram dhal	-	½ cup
Grated coconut	-	3 tsp
Chillie powder	-	½ tsp
Corriander powder	-	¼ tsp
Garlic	-	3 nos.
Mustard	-	¼ tsp
Turmeric	-	little
Dry chillie	-	1



3. Add grated beet root with ginger and garlic paste, masala powder and cook with little water and salt.
4. When vegetable stock gets thickened sufficiently add cooked rice and mix well.
5. Sprinkle freshly broiled pepper powder and whisk it thoroughly.

#### **7. EGG RICE :**

Egg (beaten)	-	1
Masala powder	-	2 pinch
Tomato	-	½
Onion	-	1
Turmeric powder	-	2 pinch
Curry leaves	-	a little
Chillie powder	-	¼ tsp.
Pepper powder	-	½ tsp.
Cooked rice	-	2 cup.
Salt to taste.		

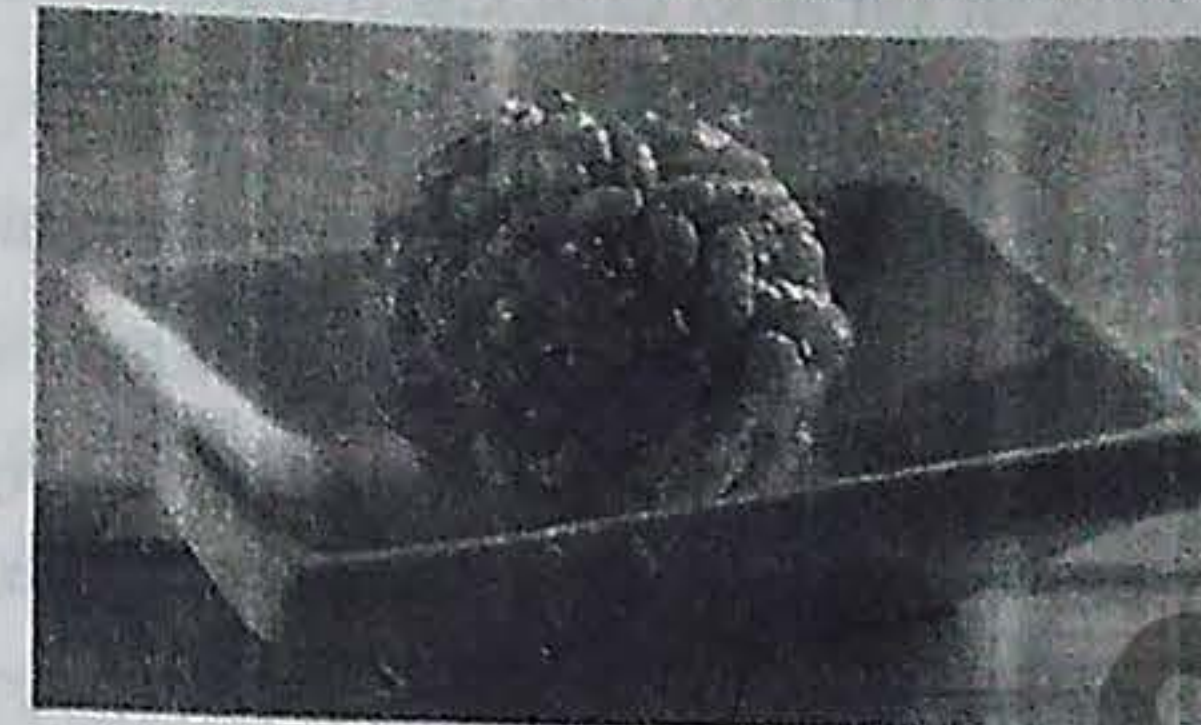
#### **Method :**

1. Saute chopped onion and tomato in three spoons of oil.
2. Add turmeric, chillie powder and curry leaves.
3. When the stock gets sufficiently thickened add beaten egg and cook.
4. Add cooked rice and mix well.
5. Sprinkle broiled pepper powder and bland it thoroughly.

#### **Tips:**

It is not advisable for the children to eat in front of television.

## **EVENING DELIGHT**



#### **1. FLAKED RICE WITH COCONUT :**

Hand pound flaked rice	-	150 gm
Coconut (grated)	-	¼ cup
Sugar	-	50 gm
Milk	-	250 ml

#### **Method :**

1. Clean flaked rice and soak it in milk for half an hour.
2. Add grated coconut and sugar. Mix it well and serve.

#### **2. BREAD SANDWICH**

Bread	-	4 slices
Onion	-	2
Tomato	-	1
Chillie powder	-	¼ tsp
Turmeric powder	-	1 pinch
Corriander leaves	-	a little
Mustard	-	¼ tsp
Salt to taste		



This is the profile regarding my career as a **“Dietician”**. I have twenty years of experience in this profession that includes my service in Cancer Institute at Adyar, Chennai under Dr. Shantha and Voluntary Health Service (VHS) at Adyar, Chennai. Ever since, my unstinting practice continues with persons in various walks of life and age-group, individually and collectively in schools, industries and private institutions, in districts such as Coimbatore, Chennai, Tanjore and now in Salem. My book on **“Normal Nutrition”** is on the verge of getting published and another one on **“Therapeutic Nutrition”** is under process. My snippets and essays on nutrition are regular phenomenon of being read in Tamil columns and periodicals frequently.

I have formulated this book in such a way, that it befits both the mothers caressing the children and the children looking out for delicious food. This book will reduce the mothers' worries with out doubt about their children's health and also delight the kids.



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