Information on the nutritional habits of 154 Head Start children from rural, small city, and metropolitan areas in the central United States was obtained from questionnaires answered by the children’s mothers. The information was restricted to what foods the children liked and disliked, except that a determination of the quantity of milk consumed per day by each child was attempted. In addition, a 1-week menu from each Head Start center involved was analyzed to check its nutrient sufficiency. The data indicated that over 80 percent of all children were reported as receiving three or more glasses of milk per day. There was no significant differences in preferences of foods between the three groups of children, nor were there significant differences in the menus of Head Start centers in the three areas. The menus were all satisfactory. It was concluded that if the children received their preferred food frequently, their nutritional needs would be met quite well, although no such indications of consumption quantities, other than for milk, were obtained. A short report on the anthropometric measurements of Head Start children is also included.
VIII.

"Physical Development of Children in the Head Start Program in the Central United States."

William Bass, Ph.D.
Marie Cross, Ph.D.

Department of Anthropology
Department of Human Development
"Anthropometric Measurements of Children in the Head Start Program."

William M. Basz; Ph.D.

Department of Anthropology
Department of Human Development
ANTHROPOMETRIC MEASUREMENTS OF CHILDREN IN THE HEAD START PROGRAM

William M. Bass and M. Scott Ferris
Department of Anthropology
University of Kansas

In conjunction with the Head Start Program of the University of Kansas Head Start Evaluation and Research Center, and anthropometric measurement study was made of a group of children in the program. Permanent personnel of the Head Start Program were trained by Dr. William Bass to take the necessary measurements and observations. Of prime interest were patterns of tooth eruption, and basic head and body dimensions were taken on each child.

The study sample consisted of a group of 148 individuals, all school children; there were 76 males and 72 females with a total age range of 4 years, 4 months to 6 years, 7 months. All were Caucasian, though ethnic origin was not determined. They were residents of Missoula, Montana, Lincoln and Omaha, Nebraska. The children were examined once except for a control group used to check measurements, which was measured twice.

At the examination, every child was measured by a trained anthropometrist, according to a fixed schedule involving general body, head and face dimensions, as well as dental observations. The measurements included the following:

- Head length - from glabella to opisthocranion
- Head Breadth - from euyon to euryon
- Total facial width - bizygomatic breadth from zygion to zygion
- Total facial height - nasion to gnathion
Body dimensions were taken with an anthropometer on the left side with the subject's shoes removed. The measurements included:

- **Weight**
- **Height**
- **Acromial height** - from the most lateral projection of the acromion of the scapula to the floor.
- **Styliion height** - from the distolateral end of the styloid process of the radius to the floor.
- **Dactylion III height** - from the middle of the tip of the middle finger when the fingers are removed from contact with the thigh and are pointing perpendicularly downwards to the floor.
- **Suprasternal height** - from the middle of the anterior-superior border of the manubrium sterni to the floor.
- **Symphyseal height** - from the middle of the anterior-superior border of the symphysis pubis to the floor.

The dental examination was specifically designed to note the eruption sequence of the deciduous and permanent dentition. Conditions noted were:

- Deciduous tooth present.
- Adult tooth present.
- Not fully erupted adult tooth.
- Deciduous tooth has been lost and not yet replaced by adult tooth.

The following observations were made in regard to dental eruption patterns in the children studied:

In the age range 4 years to 4 years 12 months, both males and females showed a consistent absence of the first permanent molar (6-year molar).

In the age range 5 years to 5 years 12 months (the largest group of subjects), the females showed the largest number of erupted 6-year molars and both central and lateral incisors.

Also evident were the loss of deciduous teeth in the females. The males lagged in both of these categories.

In the age range 6 years to 6 years 12 months, the males showed an increased incidence of erupted 6-year molars and incisors, equaling the rate of the females in the same age range.
In this preliminary report, it should be made clear that due to the small and restricted sample a limited amount of data is available. In the final report a more complete and detailed analysis of the existing data will be presented.
The University of Kansas Head Start Research and Evaluation Center

VIII B

A Nutritional Survey of Children in Head Start Centers in the Central United States

Marie Cross, Ph.D.

Department of Anthropology
Department of Human Development
A Nutritional Survey of Children in Head Start Centers in the Central United States

Harie Z. Cross, Ph.D.
Department of Human Development

Abstract

This study was undertaken to evaluate the effectiveness of using a questionnaire to evaluate the nutritional status of children in head start centers in rural, small city and metropolitan areas in central United States. Since parents usually speak more freely about food likes and dislikes of their children than about actual quantities of food consumed, we used this approach to obtain knowledge of foods which the children were familiar with and liked. The only quantitative data that we attempted to obtain was with respect to the quantities of milk consumed daily.

In addition to the questionnaire data, we obtained and analyzed one week's menus from each of the head start centers involved in this study to determine their contribution to the nutritional status of these children.

The data obtained from the questionnaires are of questionable value as quantities of food consumed is concerned, but these data do give some indication of the foods which these children would prefer to eat.

The nutritional analysis of the Head Start center menus indicated that the centers which we studied were providing adequate amounts and varieties of food for children of this age.

There were no significant differences in the food preferences of the children in the three different areas studied nor in the types of food served in the centers in these areas.
A Nutritional Survey of Children in Head Start Centers in Central United States

Marie Z. Cross

Introduction

This study was undertaken to evaluate the effectiveness of using a questionnaire to evaluate the nutritional status of children in Head Start centers in rural, small city and metropolitan areas in central United States. Evaluation of nutritional status on the basis of data obtained from questionnaires is hazardous at best and doing this without having a nutritionist obtain the history made it even more difficult. Since parents usually speak more freely about food likes and dislikes of their children than about actual quantities of food consumed, we used this approach to obtain knowledge of foods which the children were familiar with and liked. The only quantitative data that we attempted to obtain was with respect to the quantities of milk consumed daily.

In addition to the questionnaire data, we obtained and analyzed one week's menus from each of the Head Start centers involved in this study to determine their contribution to the nutritional status of these children.

Procedure

A nutritional questionnaire was answered by the mother of each of the 154 children that were included in this study. The research team members were instructed in the manner in which the questionnaire should be used and in ways to establish rapport with the parent during the interview. The questionnaire (see Figure 1) was designed to determine the children's food likes, dislikes and preferences. It was our purpose to see if this approach might result in our obtaining an accurate and honest answer to questions involving quantities of food consumed by the child. In this particular study the only quantity asked for was the amount of milk consumed.

Procedure

The questionnaire data was analyzed according to the type of area the children lived in, namely, rural, small city or metropolitan area.

The breakfast or lunch and snack menus were obtained from each center for the week of April 10th through April 14th. These menus were analyzed for nutrient content assuming average pre-school age servings. The Agricultural Handbook No. 8 entitled Composition of Foods, and published by the United States Department of Agriculture was used as the source for determining the nutrient content of the menus. The entire five day food intake was analyzed and the total values were divided by five to get a value for an average daily intake of each of the nutrients. Using the National Research Council's recommended daily allowances as a standard we calculated the percentage of the child's daily nutritional needs which were supplied by the Head Start center's lunch program.
Results and Discussion

Table 1. summarizes the data obtained from the questionnaires. The results are expressed as percentages of children who liked certain of the nutritionally important foods and in the case of milk, those who received adequate amounts each day. The high percentage of children who were reported to receive three or more glasses of milk per day led us to suspect that the mothers may have given the answer they thought they should give rather than an honest value for the amount of milk consumed by their child.

Table 1 here

In most cases where a child was reported to like meat, fish or poultry he liked all three but if a preference was cited it was most frequently chicken. In the fruit group bananas, apples and oranges were most frequently cited as preferences with oranges occurring less frequently than the other two.

The questions relating to vegetables preferences indicated carrots as the most frequently liked raw vegetable. In the cooked vegetable group potatoes, green beans and corn were cited most often as favorites.

If the children received their preferred foods frequently it would indicate that their nutritional needs were being met quite well. The foods most frequently reported as favorites are foods which are valuable sources of nutrients needed by children of pre-school age.

There were no significant differences in preferences of foods between children in a small city, rural or metropolitan area. As Table 1 shows most mothers felt their children received enough food but some of them indicated it was not always the right food.

About one-half of the children's favorite snacks would be classified as nutritious including such foods as milk, fruit and cheese while the other one-half preferred sweet snacks such as cookies and candy. The reported consumption of candy by these children was quite high with the children from the rural area consuming slightly less candy than those in the small city or metropolitan area.

Table 2 shows the amounts of the different essential nutrients provided by the lunch programs in the Head Start centers in the three areas studied. In addition this table shows the percent of the total day's nutritional needs for the 3-6 year old that was provided by the school lunch program. The three areas differed in the type of meal and or snacks offered which in turn effected the type and amount of food served and hence the amounts of certain nutrients supplied. The children in the rural area received only lunch unlike those in the small city area received lunch plus a snack. In the metropolitan area the children received breakfast and a snack. In spite of these differences, all of the children received at least one-third of their day's requirements of all but one of the nutrients and in most cases over one-half of their nutritional needs. In some cases the daily requirements were exceeded due to certain foods being included in the diet which were exceptionally high in those nutrients.

Table 2 here
The data in Table 2 can be used only as a general indication of what the children actually received since we do not know the actual amounts of foods which were served and we don't know how much each individual child ate. However, these data do indicate that the Head Start centers which were studied were providing meals which gave generous amounts of the nutrients needed by children in this age group. This should provide good nutritional training for these children and, hopefully some of this experience and training would be carried to their homes.

Conclusions

The data obtained from the questionnaires are of questionable value as far as quantities of food consumed is concerned, but these data do give some indication of the foods which these children would prefer to eat.

The nutritional analysis of the Head Start center menus indicated that the centers which we studied were providing adequate amounts and varieties of food for children of this age.

There were no significant differences in the food preferences of the children in the three different areas studied nor in the types of food served in the centers in these areas.
The research reported herein was performed pursuant to a contract with the office of Economic Opportunity, Executive Office of the President, Washington, D.C., 20506. The opinions expressed herein are those of the author and should not be construed as representing the opinions or policy of any agency of the United States Government.
### Table 1.

Summary of questionnaire data from the three areas studied

<table>
<thead>
<tr>
<th></th>
<th>Small City</th>
<th>Rural</th>
<th>Metropolitan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total No. of children studied</td>
<td>46</td>
<td>51</td>
<td>57</td>
</tr>
<tr>
<td>Percent of children receiving 3 or more glasses of milk daily.</td>
<td>80.4</td>
<td>82.3</td>
<td>89.5</td>
</tr>
<tr>
<td>Percent of children who liked meat, fish, or poultry.</td>
<td>84.8</td>
<td>90.0</td>
<td>87.7</td>
</tr>
<tr>
<td>Percent of children who liked fruit.</td>
<td>100.0</td>
<td>96.0</td>
<td>96.5</td>
</tr>
<tr>
<td>Percent of children who liked vegetables.</td>
<td>84.8</td>
<td>92.1</td>
<td>66.6</td>
</tr>
<tr>
<td>Percent of mothers who reported their children ate enough.</td>
<td>91.3</td>
<td>78.4</td>
<td>77.0</td>
</tr>
<tr>
<td>Percent of children who ate candy frequently.</td>
<td>75.0</td>
<td>78.5</td>
<td>64.0</td>
</tr>
</tbody>
</table>
### Table 2.
Evaluation of the menus from the Head Start Centers in the three areas studied.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Small City (lunch &amp; snack)</th>
<th>Rural (lunch only)</th>
<th>Metropolitan (breakfast &amp; snack)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Am't per day</td>
<td>% of day's requirement supplied</td>
<td>Am't per day</td>
</tr>
<tr>
<td>Calories</td>
<td>677</td>
<td>42.3</td>
<td>769.0</td>
</tr>
<tr>
<td>Protein(gms.)</td>
<td>31.3</td>
<td>78.2</td>
<td>33.0</td>
</tr>
<tr>
<td>Calcium(mgs.)</td>
<td>665.0</td>
<td>83.0</td>
<td>382.0</td>
</tr>
<tr>
<td>Iron(mgs.)</td>
<td>3.6</td>
<td>36.0</td>
<td>4.4</td>
</tr>
<tr>
<td>Vit. A(IU's)</td>
<td>2767.</td>
<td>110.0</td>
<td>3274.0</td>
</tr>
<tr>
<td>Ascorbic Acid(mgs)</td>
<td>87.6</td>
<td>175.0</td>
<td>44.0</td>
</tr>
<tr>
<td>Thiamin(mgs)</td>
<td>.43</td>
<td>71.0</td>
<td>.38</td>
</tr>
<tr>
<td>Riboflavin(mgs)</td>
<td>.80</td>
<td>80.0</td>
<td>.78</td>
</tr>
<tr>
<td>Niacin(mgs)</td>
<td>7.46</td>
<td>67.8</td>
<td>5.86</td>
</tr>
</tbody>
</table>
Does he (she) like milk? ________________________________

About how much milk does he drink each day? ________________________________

Does he like meat, chicken, or fish? ________________________________

Would he rather eat: Baked beans? ________________________________
Ham and beans? ________________________________
Peanut butter sandwich? ________________________________
Macaroni and cheese? ________________________________

Does he like fruit? ________________________________

What kind of fresh fruit does he eat most often? ________________________________

If not mentioned above, ask:
If he likes and eats: Apples ________________________________
Oranges ________________________________
Bananas ________________________________

How often does he eat canned or dried fruit? ________________________________

Does he like vegetables? ________________________________

What is his favorite raw vegetable? ________________________________

What are his favorite cooked vegetables? ________________________________

If not mentioned above, ask: Green peas? ________________________________

Does he like? Green beans? ________________________________

Cabbage? ________________________________

Potatoes? ________________________________

Do you feel the child eats enough? ________________________________

Too much? ________________________________

Not enough? ________________________________

If he snacks between meals, what are his favorite snacks? ________________________________

Does he eat much candy? ________________________________

Does he drink much pop? ________________________________

CHILD'S NAME ________________________________ CHILD'S NO. __________________

CENTER NAME ________________________________ CLASS NO. __________________

CENTER NO. __________________

Figure 1