



## The Irish Potato (Classic Reprint)

*Jessie P Rich*

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Excerpt from The Irish Potato

The work outlined in these bulletins is intended to give suggestions and some definite direction for teaching children, both girls and boys, in the outlying rural districts something of the nature of food plants, their nutritive value and their proper preparation for human consumption. It is also desired that these lessons in cooking should be connected with the school lunches and that the children actually prepare daily a hot dish to supplement the cold food brought from home.

There are various ways in which this work can be placed on the school program. The subject dealt with can be divided into smaller topics, and one of these smaller divisions developed each day. Probably a better plan would be to devote Friday after noon to the work. The subject-matter can be carefully discussed and followed by an actual cooking lesson. The following week the class should be divided into groups and each group serve for a day during the forenoon. This group will prepare and cook in quantities large enough to serve those contributing to the food supplies, some special dish discussed or prepared at the Friday class suitable for the noon luncheon. The time spent in this can be arranged during the study hours and the noon recess by the teacher, so that it will not conflict with the regular school program.

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