

## taste buds

chef Larry Janes

## Mom's Day recipes for kids to fix

Funny thing. When I was growing up, the kids were never allowed in the kitchen. I pestered momma and eventually she agreed to let me watch — as long as I stayed out of her way.

Occasionally she would flip me a bit of nostalgia or technique. In all honesty, excitement was probably the only time of solace for momma during her hectic day raising seven of us (of which two sets were twins).

I know there's a place in heaven for my momma. So here's her baby, sitting at a word processor and making his living trying recipes as basic as scrambled eggs and as excitingly different as chocolate turkey. (Did anyone out there ever try that?)

Times have changed. Momma never had (and probably still would never want) Cuisinarts, Kitchen Aids, dishwashers, pasta makers and omelette pans. If it couldn't be done in cast iron, it was never attempted. I went to school to learn where pb&j and fish sticks come from.

Nowadays, kids are learning how to get around in the kitchen not holding onto momma's apron strings but by pulling up a stool and learning to measure flour, break eggs and mix dough. It is a proven fact that early positive experiences with food may lay the foundation for lifelong eating habits.

Children learn most by being actively involved. Nowadays, most preschool and elementary programs encourage children to be active both at home and at school in the preparation of their food. Creating something beautiful and tasty is indeed a rewarding experience not reserved for kids but for folks like you and me.

We were a meal-and-potatoes family and the ability to make proper food choices was not always available. Not to say we suffered because the Janes gang has quite a history of battling the avoirdupois. It certainly makes sense that in order to help children make the correct food choices, a wide variety of wholesome food should be made available.

Consider the fun and excitement in sprouting and growing wheat. How many of you have ever experienced the feel of wheat on the stalk or observed the grinding of the flour? How about the shaping of the dough, the aroma of freshly baked bread, the crackle of the crunchy crust? Can you imagine little hands taking part in this everyday miracle? So much for Wonder.

Many families eat foods which come in boxes, packages, bags bottles and vending machines that have been designed for eating on the run. Carefully prepared food invites us to come and savor. Misleading advertisements that glamorize eating in the car along with poor dietary habits encourage children to eat junk foods which may and can undermine their health.

Forget the formulated, fabricated fake foods and spend some time this week in honor of mother's day with your kids to show them how to plan, shop, prepare and finish the cycle to include clean up and reorganization. Make it a family affair involving dad and even the youngest to help stir and measure. Weave in tales of yesteryear on how foods were made "way back then." Let's face it, good food habits are not acquired naturally, they must be learned.

Big deal you say? Other than making a royal mess of the kitchen and chowing down on dry, overcooked bread, what can a child learn from working with food? First off, consider the awareness of nutrition. Don't just open the can of soup. Discuss its ingredients and what they specifically do to the body. Even spaghetti has certain properties that indicate high carbohydrates essential for growing bodies and vegetables for healthy skin.

In addition, when cooking, the child can learn positive social and emotional development. Food comforts. Food nourishes. Momma made a dish we called "sliders" that was mainly broth, chicken bits and dumplings. Probably the cheapest, fatteningest, carbohydrate-laden food she could make, but it warmed every heart, was fun to eat and filled us.

Food is a great vehicle for communication. Through food, we can discover that in some ways, people are alike and in some ways, people are different. Joey likes coconut. Jessica doesn't.

If all this isn't enough, there are many opportunities for children to learn new concepts and language skills as they prepare and eat the food. Squeeze the oranges. Melt the butter. Pop the corn. Freeze the ice cream. Notice the bitter taste.

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Photos by ART EMANUELE/staff photographer

Kimberly Hill, a maternally patient at St. Mary's Hospital, is served dinner by Opal McMillan, the hospital's dietary supervisor. Hospitals are trying hard to please patients and to overcome the stereotype that all hospital food is bad.

## Hospital food gets rave review

By Mary Klemic  
staff writer

### A bad reputation fades

Beef top sirloin steak. . . Chicken cordon bleu. . . Baked fillet of whitefish. . . and a red burgundy or a white wine to accompany the meal.

You could choose from the above selections in a fancy restaurant. You could also choose from them if you had just given birth at St. Mary Hospital in Livonia and were partaking of a complimentary dinner for new mothers.

As the sample menu would suggest, the situation at St. Mary and other local hospitals has changed. The reputation of hospital food — both that served to patients and that found in cafeterias and coffee shops — is drawing more compliments than jokes these days, more smacking of lips than sniggers.

"I think so, yes," said registered dietitian Suzanne Crankshaw, director of dietetics at William Beaumont Hospital in Troy. "There's

no question about that. We have had to respond to the demands.

"THE PATIENT is just like any other customer, expects the service and the quality of anywhere else, the food and good service and attention that goes with it."

"Hospitals are becoming more like restaurants and hotels," said registered dietitian Rosanne Grez, director of food and nutritional services at Redford Community Hospital, where the food includes veal piccata, steaks and a ground round burger called a "Redford burger."

"We try to get an idea of what patients prefer, what they would go out and buy, what they would order," Grez said.

Even special diets aren't bland. At St.

Mary — where a chef to supervise the cooks was scheduled to begin duties in April — a low-salt diet features baked chicken, lasagna and roast beef, all salt-free. Patients may learn from the menus about the types of foods.

HOSPITALS ARE responding to new trends in diet, as patients seem to be more health-conscious these days, representatives said. You'll see less red meat, more fibers and salad bars.

"For example, we have bran muffins all day long for the fiber, in addition to a salad bar," Crankshaw said.

Beaumont serves a low-cholesterol, "heart healthy" menu every day. All of the vegetables served there are steamed. It also offers

butter buds (a fresh butter substitute), fresh vegetables, decaffeinated coffee, tea and low-calorie desserts.

"We have developed our own seasonings to enhance the flavor of foods," Crankshaw said. "American tastes have changed, so we also try to provide for that," said Sue Rutkowski, assistant director of dietetic services at Botsford General Hospital in Farmington Hills.

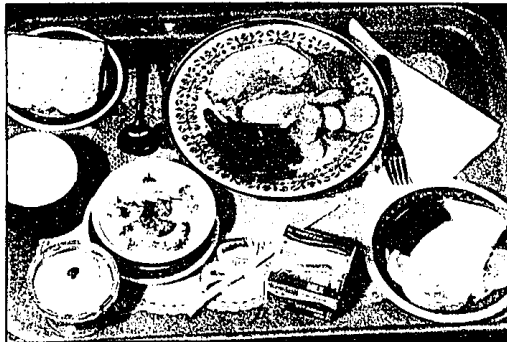
SUCH POPULAR items as croissants, pastas and salad bars — which weren't as obvious a few years ago — now appear in Botsford and other hospitals. And there are days with special themes.

At Botsford recently, for example, one weekday was "Isua day." Special features included pineapple upside down cake and key lime pie. Cafeteria workers wore bright, patterned shirts and leis.

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Today's hospital cafeteria offers many options for employees. Healthy, tasty food is the goal of the dietary department. Salad bars are especially popular for employees who want to eat light.



Hospital menus have become more varied as dietary departments try to offer patients a more tasty selection. This dinner includes roast pork, carrots, green beans, cream of broccoli soup, milk, a cottage cheese/fruit/jello salad, vanilla pudding and coffee.

## Seltzer offers all-natural substitute

By Sue Mason  
staff writer

If you're looking for an all-natural substitute for your favorite pop, consider a soda . . . a seltzer soda, that is.

There's a new beverage on the market that once you get past the name, Original New York Seltzer, and take a sniff — the raspberry smells divine — and a taste, you're hooked.

ONYs has been available in Michigan for about a year and is turning out to be a popular alternative for youngsters, oldsters and

everyone in between.

"It's a pop, but an all-natural pop," said Paul Collins, ONYS district sales manager. "Being in a day and age where people are looking to be fit and eat right, this is an excellent alternative."

Unlike regular pop, ONYS is sweetened with natural fructose. It has no caffeine, sucrose, artificial coloring, or preservatives other than citric and ascorbic acid to help preserve the flavor or salt.

It comes in 10 flavors — raspberry, black cherry, root beer, vanilla cream, concord grape, lemon and lime, orange, blueberry,

cola and berry and peach — and depending on the flavor, has between 90 and 100 calories per 10-ounce serving, comparable to the calories in a large orange or apple.

ONYs' roots go back 70 years to Jake Miller who decided he could make a good living selling his Brooklyn neighbors a taste of the old country from a horse-drawn cart.

Miller's seltzer business flourished, but by the 1950s, its popularity dropped off as

Americans switched to such soft drinks as Pepsi and Coca-Cola.

Miller's grandson in 1982, while looking for a business that would allow his son to be self-sufficient, realized Americans' taste was changing again. And he and his son began mixing naturally flavored syrups with seltzer.

A lot has changed since then. Once a fledgling company, ONYS now has retail sales in excess of \$100 million.

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