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Children's Nutrition: A Parent's Guide

By Angela Falaschi, Andrea Childs

Need2Know. Paperback. Book Condition: new. BRAND NEW, Children's Nutrition: A Parent's Guide, Angela Falaschi, Andrea Childs, There is a lot of coverage in the media about the quality of school dinners and the growing problem of obesity in young children, so, if you are a parent or working in a childcare environment, how should you ensure that the children in your care receive the most nutritious food for their growing bodies? Children's Nutrition A Parents Guide gives parents all the information they need to feed their children healthy, delicious, easy-to-prepare meals that don't cost a fortune. The book explains how a good nutritional start in life will help to ensure long-term health and provides tailored advice for children 0-1 years old, 1-5 years old, 6-10 years old and 11-18 years old. Recipes for breakfast, lunch and dinner, as well as menus to help support children with specific health or behavioural issues will also be included. Nutrition is very important for children, but the most nutritious options are not always the most appealing, help give your child a headstart by teaching them to make healthy food choices!.



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