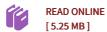




Children's Nutrition: A Parent's Guide

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? Childrens Nutrition A Parents Guide gives parents all the information they need to feed their children healthy, delicious, easy-to-prepare meals that dont 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 specfic 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!.



Reviews

Definitely among the finest publication I actually have possibly study. I could possibly comprehended almost everything using this published e book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Rosamond Runolfsdottir

Extremely helpful to any or all category of individuals. It really is rally fascinating through studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.

-- Lawrence Keeling