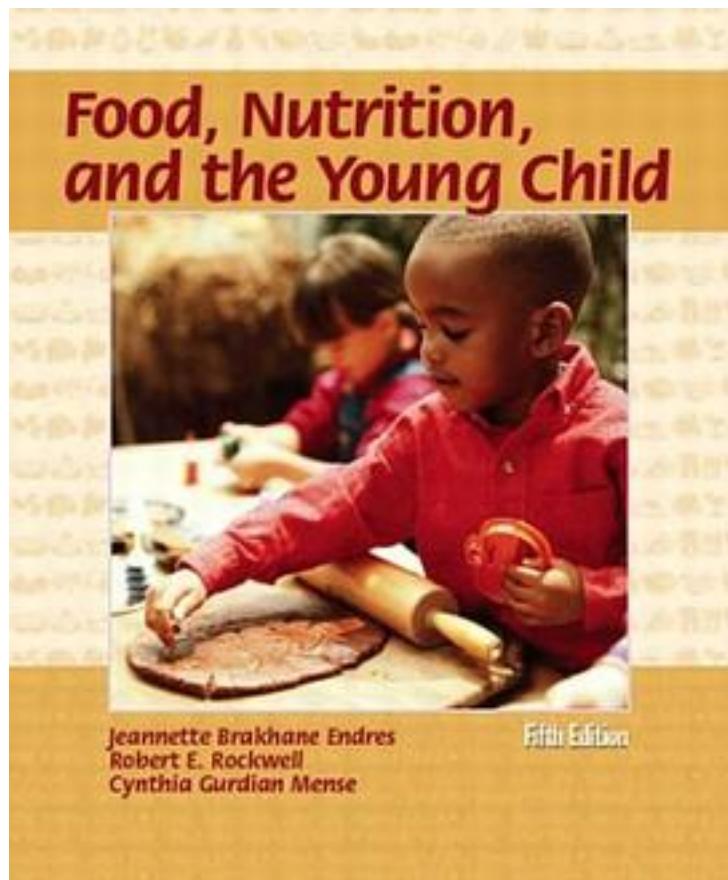


# Food Nutrition and the Young Child



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For Early Childhood Nutrition courses. The only text of its kind, this practical, easy-to-read volume provides future early childhood teachers with a basic understanding of food and nutrition as it applies to the care of children from birth through age eight. Coverage encompasses basic nutrition principles, examines what to feed children and when, and explores ways to use the requisite daily eating ritual as a

teaching/learning experience. In addition, attention is paid to food and nutrition problems seen in young children and strategies for involving parents as partners with teachers and the food-service staff in fostering good eating habits.

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