

Nutrition Tips for Children



Good nutrition provides children with the energy & nutrients they need to grow & develop properly, maintain a healthy weight, and support their immune system!



1 Fill half a plate with colourful fruits and veggies, and split the other half between whole grains & healthy proteins.¹



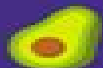
When it comes to fruits and vegetables- the more variety, the better!



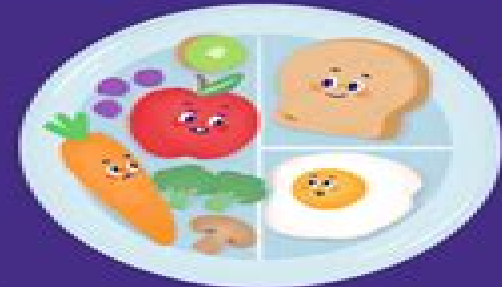
Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



Offer healthy proteins like beans, nuts, fish and poultry over processed or red meats.



Include healthy oils from plants as well as unsaturated fats in foods like avocado, peanuts, and salmon.



Make water the drink of choice for every meal.¹

2

Probiotics

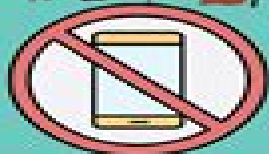
In addition to ensuring an adequate intake of healthy micronutrients and macronutrients, probiotics can play an important role in building and maintaining a healthy gut.



3

Make Mealtime the Focus²

Help instill good nutritional values in your child by eating together, encouraging conversation & turning off distractions.



4

Ask an Expert

Make an appointment with a Registered Dietitian – they are trained experts who can provide you and your child with custom meal plans and other nutritional advice.



References

1. Harvard T.H. Chan School of Public Health. (2013). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.health.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
2. Government of Canada. (2020). Canada's food guide – Healthy eating for parents and children. <https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>

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Nutrition Education For Young Children

CH Cherryholmes



Nutrition Education For Young Children:

Nutrition Education for Young Children? ,1976 Nutrition Education for Young Children Project Head Start (U.S.),1969 **Nutrition Education for Young Children** ,1969 *Nutrition Education for Preschoolers* ,1983 Abstract A selected listing of 93 nutrition education resources is provided to aid child care center staff and family day care home providers in initiating or maintaining a nutrition education program for children of ages 2 5 The materials in this guide are organized into 5 sections according to either intended audience of instruction or to type of material The 5 sections comprise nutrition education programs materials directed towards child and adult audiences for providing a complete child care nutrition education program aids for teaching care givers materials directed towards child care providers and parents lesson plans for teaching children food and nutrition activities for teaching children and audiovisuals for teaching children and care givers Each section includes an introduction providing additional information on the types of materials included Each resource citation includes information on the type of material source availability cost an abstract and an appraisal wz

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Preschool Through 6 ,1997 **Starting Early** ,2004 *Head Start Nutrition Education Curriculum* ,1989 **Nutrition Education: Linking Research, Theory, and Practice** Isobel R. Contento,Pamela A Koch,2025-02-27 Nutrition Education Linking Research Theory and Practice Fifth Edition is a practical and straightforward theory and research based guide for how to create implement and evaluate nutrition education that can change dietary behavior to improve the health of people and the planet Built around the six step DESIGN process for creating nutrition educational plans to be delivered to groups in person or indirectly through various physical and digital media along with plans for creating activities to provide environmental supports this text also provides detailed nuts and bolts guidance to help students deliver these plans effectively through various media to a range of audiences or populations **Nutrition Education for Young Children** Carole B. Whitener,Marie H. Keeling,1984-01-01 *Nutrition Education* Isobel R. Contento,2015-08-24 The Third Edition of Nutrition Education Linking Research Theory and Practice provides a simple straightforward model for designing effective

nutrition education programs that address the personal and environmental influences that affect individuals food choices and assist them in adopting healthy behaviors throughout their lifetime Using a six step process this Third Edition integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education Nutrition Education Materials Holly Berry Irving,1987 **Nutrition Education for Young Children** Margaret Powers,1969 **Teaching the Young Child Good Eating Habits for Life** Missouri Home Economics Association. Food and Nutrition Committee,1971 **Nutrition Education for Young Children** Margaret Powers,1969 **Proceedings of Nutrition Education Conference, April 1-3, 1957, Washington, D.C. ,1957** **Nutrition Education Printed Materials and Audiovisuals** Shirley King Evans,1990 Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information Center (U.S.),1976 Nutrition Education: Linking Research, Theory, and Practice Isobel R. Contento,Pamela A Koch,2020-01-22 Each new print copy of Nutrition Education Fourth Edition includes access to the Navigate Companion Website which includes worksheets in writable PDF format practice quizzes interactive flashcards and interactive glossary The fourth edition of Nutrition Education Linking Research Theory and Practice provides a straightforward user friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals food choices and assists them in adopting healthy behaviors throughout their lifetime Built around the six step DESIGN process the Fourth Edition integrated research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education This text is divided into three parts Part I describes the key elements of success for nutrition education as well as the major theories that can be used in nutrition education intervention Part II features Child Feeding and Nutrition Education Programs United States. Congress. House. Committee on Education and Labor. General Subcommittee on Education,1972

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