

## Food and Health in Early Childhood: A Holistic Approach



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## FOOD AND HEALTH IN EARLY CHILDHOOD: A HOLISTIC APPROACH



SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Food and Health in Early Childhood: A Holistic Approach, Deborah Albon, Penny Mukherji, 'I believe that [this book] could be of value to practitioners working with birth-five year olds, heads or managers of nurseries, health professionals or students who wish to gain an overview of this subject. I enjoyed reading this book and it literally gave me much food for thought' - Early Years. 'This book is a welcome addition and the contributors should be congratulated on the scope and depth they manage to achieve .this book is an interesting read, dealing with a topical, yet complex issue' - "Journal of Early Childhood Research". 'Food plays a huge part in our lives, and this book looks holistically at its influence, including our emotional as well as physical wellbeing. It provides useful facts on diet and healthy eating guidelines for children under five, school age children, adults and pregnant mothers. There is advice on promoting positive attitudes towards food in an early years setting, along with practical advice and case studies to help practitioners promote healthy eating in their settings' - Early Years Update. 'This highly readable, thoroughly researched book explores food and eating in an historical, cultural and psychological context and, as public concern about children's nutrition rises, its publication is timely. "Food and Health in Early Childhood" is a comprehensive, clearly written text enriched with case studies and pertinent reflective activities to consolidate learning' - Angela Underdown, Associate Professor, Early Childhood Studies, University of Warwick. The media interest surrounding children, food and nutrition continues to influence policy and practice in early years settings, and food and eating is of fundamental importance to early childhood practice. Not only does food contribute to health, in terms of nutrition it's also a vital part...



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