



Food and Health in Early Childhood: A Holistic Approach (Hardback)

By Deborah Albon, Penny Mukherji

Sage Publications Ltd, United Kingdom, 2008. Hardback. Book Condition: New. 242 x 170 mm. Language: English . Brand New Book. 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...



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