

ChildrenS Nutrition (Quickstudy: Health)



Develop your child's eating habits now to enrich growth, cognitive skills and learning ability. Any parent or future parent will appreciate this guide. 6-page laminated guide includes:

- dietary guidelines for Americans
- infant feeding: birth to 5 months
- guide to formula feeding
- infant feeding: 5 to 12 months
- a quick guide to feeding infants
- feeding issues
- allergenic foods
- feeding & food safety issues
- toddlers: 13 months to 3 years
- evaluation of growth
- what kids ages 1 - 2 years need to eat
- nutrition for preschoolers 3 - 5 years
- what kids 3 - 5 need to eat
- picky eating
- school age: 6 to 13 years
- what kids 6 - 10 years need to eat
- what kids 13 - 18 need to eat
- adolescence: 13 - 18 years
- obesity
- developing healthy eating habits
- what National Institute of Health says
- guide to eating out
- fast-food facts

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