EARLY SPROUTS: CULTIVATING HEALTHY FOOD CHOICES IN YOUNG CHILDREN (NONE)

Jayd Nilan

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The Early Sprouts: Cultivating Healthy Food Choices in Young Children approach engages young children in gardening, sensory exploration, and cooking.

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Please enter 5 or 9 numbers for the ZIP Code. Also included are recipes children can help prepare and ways to involve the whole family in making healthy food choices.

Sowhatisthesolution?Long-termfollow-upisalsonecessarytobuildabett Bible lessons, and music are also incorporated into the daily schedule. Research has shown that preschool-aged children who are actively involved in grocery shopping and simple food preparation are more likely to eat fresh fruits and vegetables Childrenwillgettohavefunwithcraftsandfilloutaworksheetbasedonbedt more, visit www. The increased prevalence of childhood obesity in the US is concerning, and has led to projections that one in three male and two in five female children born in the year will develop diabetes in their lifetime [1].