Nourishing Children with Books

Abstract
Books with food and nutrition topics, cultural food patterns, and physical activity themes help to improve the quality of life of children by exposing them to a variety of foods and activities through creative stories. This guide helps parents and caregivers select books that achieve this goal.

URI
http://hdl.handle.net/10919/50187

Collections
Publications, Virginia Cooperative Extension (VCE) [5774]

If you believe that any material in VTechWorks should be removed, please see our policy and procedure for Requesting that Material be Amended or Removed. All takedown requests will be promptly acknowledged and investigated.

Other books by Dr. Benjamin Spock. A BABY'S FIRST YEAR with Dr. John Reinhart. Feeding your baby The Nourishing Traditions Book of Baby & Child Care. 8 Pages·2012·102 KB·0 Downloads. Book of Baby & Child Care The Nourishing Traditions Book of Baby & Child Care. Specific steps and procedures are outlined and sample documents are affordable child care centers to Best Practice Book for IELTS Writing. 260 Pages·2015·3.79 MB·75,013 Downloads. IELTS Writing IELTS is a multi-level exam. You get a score between 1 and 9 for each section. Half Shepherding a Child's Heart by Tedd Trip. 243 Pages·2017·1.16 MB·20,905 Downloads New! Children learn why these foods are good for them and how the way food is grown, processed and prepared can either help or hurt us. Over one hundred recipes invite children into the kitchen to learn preparation of nourishing meals, snacks and treats. Colorfully illustrated, The Nourishing Traditions Cookbook for Children describes the principles of good nutrition in a simple language that children can understand. My book just arrived and it's better than I imagined! I'm a big fan of Nourishing Traditions, but know it can be overwhelming to those who are younger or first starting out on the journey of real foods. I love the recipes and tips in this book but also The Nourishing Traditions Cookbook for Children is beautiful.

Contact Us
Virginia Tech | University Libraries | Contact Us

Date
2009-05-01

Author
Nickols-Richardson, Sharon Michelle, 1965-  
Parra, Danielle Elizabeth  
Serrano, Elena Lidia