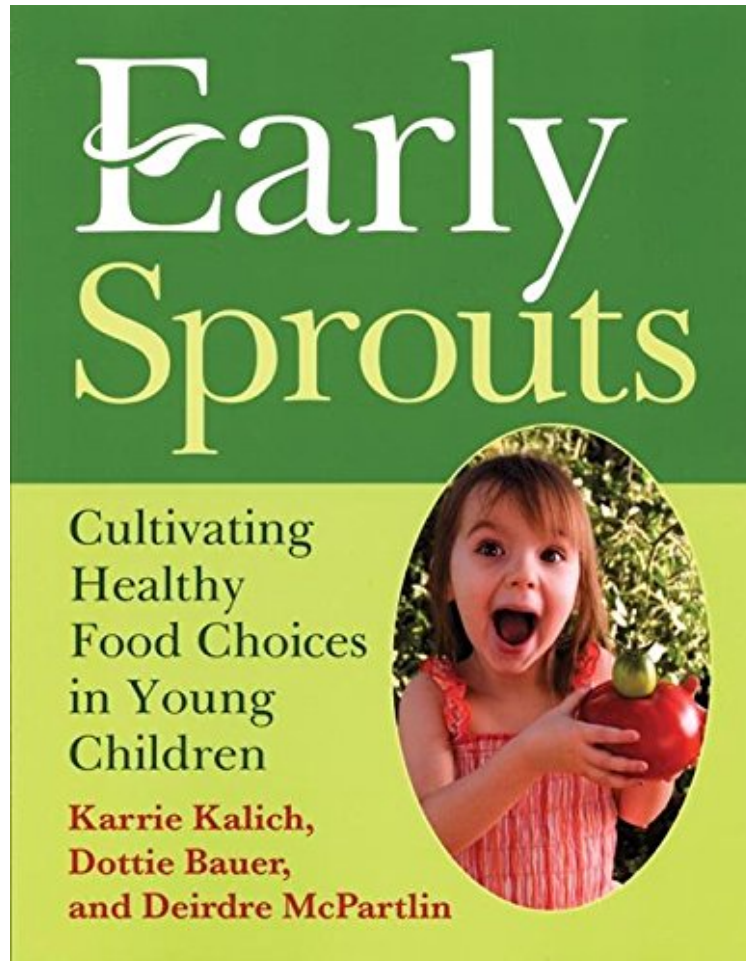


(Get free) Early Sprouts: Cultivating Healthy Food Choices in Young Children (NONE)

## Early Sprouts: Cultivating Healthy Food Choices in Young Children (NONE)

*Karrie Kalich, Dottie Bauer, Deirdre McPartlin*  
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**Karrie Kalich, Dottie Bauer, Deirdre McPartlin : Early Sprouts: Cultivating Healthy Food Choices in Young Children (NONE)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Early Sprouts: Cultivating Healthy Food Choices in Young Children (NONE):

1 of 1 people found the following review helpful. Five Stars By Jonie Kipling Great resource for creating a garden - nutrition program for any school. 0 of 1 people found the following review helpful. I think see liked it By Blondie I was for my sister who is a teacher, I think see liked it 0 of 1 people found the following review helpful. Teaching good eating habits to the young By Pamela Robinson Childhood obesity has risen to the top of the agenda of many health experts, and so "Early Sprouts: Cultivating Healthy Food Choices in Young Children," has arrived to offer great yet practical ideas on how to tackle the problem. The idea of the 24-week classroom program is to integrate solid

nutritional principles into early childhood curriculum through lesson plans and activities, instead of simply lecturing children about why they should eat their vegetables. Lessons include literally planting sprouts, visiting farms, gardens and farmers' markets, using vegetable terms in such exercises as math and vocabulary and working in a garden. Bringing fresh food from soil to table is the underlying lesson. Included in the book are several recipes, most of them class-sized but certainly adaptable; tools for assessing what parents are feeding their children; a vitamin and mineral chart, and ways to establish and expand support for this kind of program. The book notes that the program exists in Northeast schools and suggests some of its ideas might have to be adapted for different cultural and geographical regions.

To counteract the prevalence of childhood obesity and to establish lifelong healthy eating habits, this research-based early childhood curriculum is designed to increase children's preferences for nutritious fruits and vegetables. The tested seed-to-table approach will engage preschoolers in all aspects of planting, growing, and eating organically grown foods. Also included are recipes children can help prepare and ways to involve the whole family in making healthy food choices. These activities can be tailored to fit any early childhood program, climate, or geographical region.

About the Author Karrie Kalich, assistant professor of health sciences at Keene State College, is a registered dietitian and earned her PhD from the Tufts University Friedman School of Nutrition. She is devoted to conducting community-based research aimed at helping children develop healthy eating habits in an effort to prevent childhood obesity. Dottie Bauer, EdD, is a professor of early childhood education at Keene State College. She has experience as a preschool teacher and an academic background in early childhood, special education, and human development. Deirdre McPartlin, MEd, is the academic program coordinator at Keene State University's Child Development Center. She has a background in preschool and kindergarten teaching and has been a child care administrator.