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Nutrition for Young Children of 1-5 Years of Age

The escalating numbers of health problems among both children and adults are drawing great attention around the globe. It is evident that a large percentage of families have overlooked the importance of eating fresh green vegetables, cereals or fruit replacing them with red meat, snacks, and fatty foods that pose harm to the human body. Children should be offered foods that are rich in nutrients like iron, calcium, vitamin A and D (Brown 5). Major ailments like cardiovascular problems, cancer, hypertension, and obesity are often a result of what people consume on a daily basis. At this point, it is essential to realize that young children between one to five years are at a great risk. Therefore, parents should ensure that they provide their toddlers with nutritious foods and healthy snacks.

Notably, at the age of 1-5 years, many children are physically active and undergo rapid growth. The changes in the body demand a consistent supply of nutrients from a variety of foods despite their small body ratios. Essentially, the foods or servings should be taken in the right amounts to enable the babies to remain robust. For instance, toddlers should have at least three servings of different food. The key types of food include group 1 (bread, rice, potatoes, cereals, and pasta), group 2 (meat, fish, eggs, beans, other protein-rich foods), group 3 (milk and dairy products) and group 4 (fresh fruit and vegetables). Parents and caregivers have to make sure their children get a balanced diet consisting of the products from the before mentioned four groups.

Also, they should encourage their children to eat at the table to enhance their socialization abilities (Landry, Karen, and Paul 7). All in all, parents act as role models to the young ones and it is their responsibility to provide their children with nutritious meals so that they could develop a healthy eating pattern in the future.

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Works Cited

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Landry, Susan H., Karen E. Smith, and Paul R. Swank. "Responsive parenting: establishing early foundations for social, communication, and independent problem-solving skills." *Developmental psychology* 42.4 (2006): 627.

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