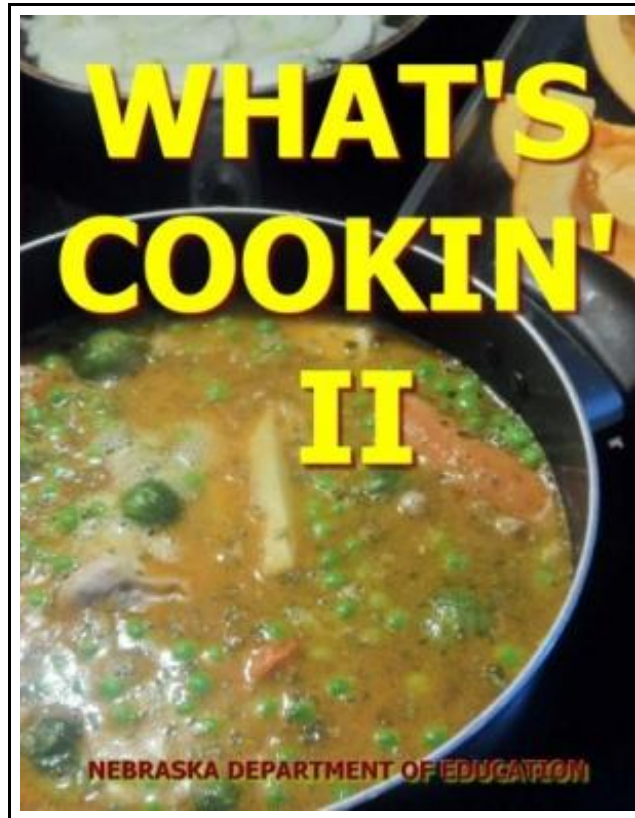


What s Cookin II (Paperback)



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Reviews

*This written publication is wonderful. It can be written in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.
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WHAT S COOKIN II (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Good nutrition, the development of desirable eating habits and learning about food choices are vital building blocks for young children. Steps must be taken to ensure that these building blocks are in place in order to promote good health throughout life. As a result, the Nebraska Department of Education released the original What s Cookin for child care providers who participate in the Child and Adult Care Food Program (CACFP) in 1991. The response to What s Cookin has been overwhelming. More than 10,000 copies have been distributed throughout the country. In addition, we received numerous requests for yet another resource to be developed. Therefore, we are pleased to provide you with a copy of our latest child care resource, What s Cookin II. What s Cookin II is more than just a collection of new recipes. This resource has been designed to help you serve meals that meet U.S. Department of Agriculture (USDA) meal pattern requirements, are appetizing to children and are consistent with the 1995 Dietary Guidelines for Americans. These guidelines, found on page 194, encourage the use of fruits, vegetables and grains while using sugar, fat and salt in moderation. Health professionals agree that balance, moderation and variety are critical in achieving a healthful diet. No one food gives you all the nutrients you need to stay healthy. Therefore, it is best to eat many different foods every day. Offering a variety of foods, prepared in different ways, makes meals and snacks more interesting and allows children to consume a variety of necessary nutrients. The Dietary Guidelines recommend goals of 30 percent or less of total calories from fat and less than 10 percent of...



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