



## METADATA

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**Authors:** Megalonidou, C, Assistant Professor, IHU

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### Abstract

Healthy nutrition is essential throughout life. However, the role of healthy nutrition is crucial in the first years of life, as it affects the overall development of the child. Especially the first 3 years are considered the most critical, as the rate of physical growth is faster than any other period, with direct effects on the physical and psychomotor development of the child, while any disorders that appear during this period remain and are difficult to reverse later. Nutrition continues to be very important, even after the first 3 years of life, throughout childhood, as it is related to reducing the risk of developing problems and forming healthy eating habits, as lifestyle, diet, and behavior are consolidated over time and often remain stable throughout

life. The role of the environment is crucial in forming these healthy habits. The present book consists of 7 chapters. In the first chapter, the stages of neonatal, infant, and early childhood development are analyzed, along with the nutritional needs of children. The second chapter mentions food types and the development of skills related to children's nutrition. The third chapter presents the natural way of feeding, which is breastfeeding, while the fourth chapter presents formula feeding. The fifth chapter refers to nutrition during the second half of life with solid foods in the child's diet. In the sixth chapter, extensive reference is made to nutrition in childhood. Finally, in the seventh chapter, eating disorders and problems are presented.

