



## METADATA

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### Abstract

The relationship between good health and a healthy diet is proved to be stronger today than it used to be in previous years. Nutrition is the cultural expression of every people and is influenced by the environment, the climate, the endemic flora and fauna as well as the history and the tradition. Nutrition is a key factor to the development of the body and its proper functioning. It also helps you to maintain healthy and protects you against various diseases, as long as the human body

receives all the nutrients to perform its main functions. The aim of this book is to correlate nutrition, from conception to childhood, with the development of the child and its effect on the adoption of healthy eating habits that will follow the child into adulthood. Lack of proper nutrition can have an impact on a child's development and future health. Childhood obesity is one of the major issues that need to be addressed immediately, both at the family and educational level.

