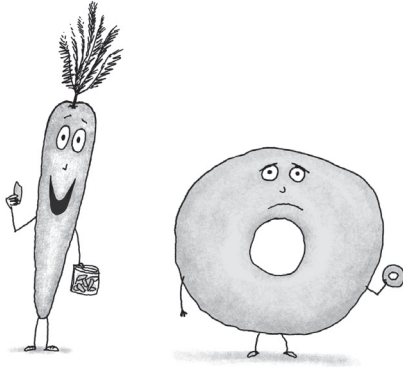


Chapter 3



You Are What You Eat...and Drink (Nutrition)

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Adequate nutrition is essential to the healthy growth and development of children. Some may remember the simple phrase, "An apple a day keeps the doctor away." And no, sugary apple-flavored cereals or apple juice do not count. Although many kids currently have a problem with obesity, which has highlighted the importance of good nutrition, it can be hard to know what children