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Early Sprouts: Cultivating Healthy Food Choices in Young Children

Karrie Kalich, Dottie Bauer, Deirdre McPartlin

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To counteract the prevalence of childhood obesity and to establish lifelong healthy eating habits, this research-based early childhood curriculum is designed to increase children's preferences for nutritious fruits and vegetables. The tested "seed-to-table" approach will engage preschoolers in all aspects of planting, growing, and eating organically grown foods. Also included are recipes children can help prepare and ways to involve the whole family in making healthy food choices. These activities can be tailored to fit any early childhood program, climate, or geographical region.

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