

Child nutrition and development

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The nutritional needs of children and adolescents are different from those of adults because children are growing and developing. Children need a wide range of nutritious foods, with high intake of important minerals and vitamins such as protein and calcium. If the child's intake of good food is poor, they can fail to gain or lose weight. This may be followed by failure to grow taller. A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. Good nutrition and learning go hand in hand.

Child development refers to the sequence of physical, language, thought and emotional changes that occur in a child from birth to the beginning of adulthood. During this process, a child progresses from dependency on their parents/guardians to increasing independence. There are four cognitive stages of childhood development as identified by Jean Piaget: Sensorimotor stage: Birth through about 2 years. During this stage, children learn about the world through their senses and the manipulation of objects. Preoperational Stage: Ages 2 through 7. During this stage, children develop memory and imagination. They are also able to understand things symbolically and to understand

the ideas of past and future. Concrete Operational Stage: Ages 7 through 11. During this stage, children become more aware of external events, as well as feelings other than their own. They become less egocentric and begin to understand that not everyone shares their thoughts, beliefs, or feelings. Formal Operational Stage: Ages 11 and older. During this stage, children are able to use logic to solve problems, view the world around them, and plan for the future.

Biography

Ritika Jain pursuing my Bachelors from Amity University in Noida. This is my final year (i.e. 3rd year). I am 20 years old. I am planning to pursue my masters in child psychology. I have gained experience in the field of psychology during my bachelors. I have done 3 internships till date. I like painting as well.

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