

# **The Value of Food at an Early Age.**

**Recent Quotations on the importance of Healthy Food for babies toddlers and young children.**

**ALSPAC STUDY** - Leading researchers at Bristol University now agree that there is a direct link between the quality of a child's food, their health, longevity and their educational potential in later stages of development. Ref/Children of the 90's study.

**Dr Pauline Emmett senior nutritionist and dietician at Bristol University says:** "Having taken into account other factors that could affect performance, such as low family income, the link between a poor diet at three, and reduced academic performance is robust...

**Ref/ The Children of the 90s [ALSPAC] study**

**It is very important for children to eat a well-balanced diet from an early age if they are to get the best out of their education.**

**Dr Pauline Emmett**

**<http://www.bristol.ac.uk/news/2008/5849.html>**

**Our National Obesity Crisis-** With one in four children now entering school either over weight or obese we all share a responsibility to deliver and rolemodel healthy food.

**Sir Liam Donaldson, the chief medical officer for England said it was no exaggeration to describe the soaring rates of obesity as "an impending crisis". He said "We need to get in early and build the foundations to healthy living from an early age.**

**Ref/Obesity 'set before age of five'**

**<http://news.bbc.co.uk/2/hi/health/7786229.stm>**

**Professor John Stein F.R.C.P. of Oxford University says:-**

**"There is now overwhelming evidence that infants' nutrition plays a very important part in optimal development of their brains".**

**When we asked him about the importance of healthy food for young children David Cameron (P.M.) said "I think that this is really important. We have a problem with diet in this country, and we have a problem with obesity; the best way to deal with these issues is to get children into healthy food at an early age.**

**"A child's health is dependent upon many factors, food, heredity, climate, hygiene, exercise – but FOOD is the most important of all of these."**

**Ref. Sir Robert McCarrison**

**Ref <http://www.mccarrisonsociety.org.uk/content/view/134/149/>**