

The Importance of Vitamins for Children

It is very important that child's body gets the nutrients and vitamins that it needs. Vitamins in the food the children eat and the drinks they consume are the most important things in a child's life.

Most children are very picky eaters but they can find fruits and veggies that they like and repetitively parents have to give them those few things. That's better than not giving them any.

A good idea to help with growth and development are Children's vitamins. They help with eye and brain development and help with growth and nutrition. It's also good to help make a routine in their life.

After breakfast parents must have them take a vitamin and brush their teeth and tell them the importance of both. Vitamins aren't crucial to a child's development but it could help.

Parents must remember their child's health is the most important thing in their life and theirs, and it is proven that their health as children affects their health as adults.

Children need to have healthy food habits in order to have proper growth and development of mind and body. But there are very few parents who are quite lucky to pass out the legacy of having balanced diet in their children.

Children require nutritional diet more than adult as all the essential vitamins and minerals are necessary for their proper mental and physical development. But there are very few children who are in the habit of taking balance diet and such children often require vitamins supplement for their proper growth and development.

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