

# How Children Learn to be Healthy 9780521524186 181 pages Cambridge University Press, 2003 2003 Barbara J. Tinsley

Cambridge Core - Psychiatry and Clinical Psychology - How Children Learn to be Healthy.Â Current Practice in Meeting Child Health Needs in Family Support Services: Variation by Service Type and Perspectives on Future Developments. Child Care in Practice, Vol. 15, Issue. 2, p. 109. Listening to how children speak about health behaviours and how to maintain health may help explain the complexity of children's health behaviour. A child's developmental acquisition of health-related understandings is often explained using an individual differences perspective. Such an account suggests that personality, social and cultural variables mediate children's understanding of health (Tinsley, 2003).Â The second category, How to be Healthy, comprised five themes including eat healthy food (n = 86 of 150, 57%), reduce risk (n = 31, 20%), treat illness (n = 13, 8%), be well behaved (n = 12, 8%) and do exercise (n = 8, 5%). Conclusion: Findings highlighted the centrality of food in how children speak about health. This book explores the ways in which children learn to be healthy. The author examines children's understanding of health and how it affects their health behavior and physical health. The ways in which parents, other children, schools, media, and environment influence health attitudes and actual physical health are also scrutinized. Access-restricted-item. true. Exploring the ways in which children learn to be healthy, this book examines children's understanding of health, from early childhood through adolescence, and how it affects their behavior and actual physical health. The study scrutinizes the ways in which parents, other children, schools, media, and children's home and neighborhood influence children's health, attitudes a Exploring the ways in which children learn to be healthy, this book examines children's understanding of health, from early childhood through adolescence, and how it affects their behavior and actual phys Keeping healthy means caring for your body so you have enough energy to learn, play and grow. All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. Everyone should have their "5 a day" - this means five portions of fruit and vegetables, to get the right amount of nutrients. A "portion" means the amount of food that fits in your hand.Â The enamel is what's protecting your teeth, so once that's gone you can get little holes called cavities that need to be filled by the dentist. You can keep your teeth healthy and prevent cavities by brushing them at least twice a day - front, back, top and even your tongue! Count all the way up to 120 as you brush to make sure that you're brushing for long enough.