



La batalla de la sopa (Spanish Edition)

Ana María Ana María, Rosa María Ortega

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Las pautas alimentarias encaminadas a mejorar la salud, conseguir beneficios estéticos o lograr un mayor bienestar han proliferado desde la más remota antigüedad. Sin embargo, la nutrición es una ciencia moderna y la mayor parte de los estudios científicos en esta materia son muy recientes. Es lógico, pues, que exista la necesidad de clarificar interrogantes en relación con la nutrición, en especial la de niños y adolescentes: ¿Qué alimentos hacen que un niño engorde?, ¿cómo conseguir que coma un niño inapetente?, ¿influye la alimentación en el rendimiento escolar?

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