Choose two:

1. Explain the merits of breastfeeding. What are the pros and cons?

2. Examine nutritional content in popular foods consumed by children in early childhood. Choose two popular food products targeted toward this age group to analyze.

3. Illustrate animism, egocentrism, and centration using children's games or media. Find one example of each and explain how it reflects these concepts.

2. Prepare recommendations to avoid health risks in school-aged children. Consider what you have learned about nutrition and physical activity. Incorporate the problems you know about with respect to this age group when preparing your recommendations.