

ABSTRACT

Every living organization has its own cycle, and the very first step is a baby. A baby needs lots of care, for the body and mind. A baby needs lots of nutrition from food and other sources in order to develop its body to be bigger and take further steps. In the end, the baby will become an adult, and can do greater things to make its society go forward. With great nutrition, this baby can be better in the body, and the mind. So then, we cannot deny that food is the greatest essence for living things, and humanity.

Parents wish for their kids to have a bright future. They wish for kids to get the best position in the classroom and in the workplace. But everything must be started at the beginning. Mostly, kids from wealthier families can get into the higher position in the mentioned places. If we do not take wealth into account, we can assume that these kids received better care from various sources, and one of them is food. Getting rich nutrition from food can greatly support kids' development. Along with training and exercising, these kids will become powerhouses in a couple years. Therefore, we cannot deny that food is important for kids.

Where can we find the rich nutrition sources? Actually, nutrition is not hard to find, and it is within food. These foods are around us, like in the supermarkets, local stores, and even inside our gardens. Thinking about what kids should get and develop, we can pick foods according to their needs. With these foods, we can mostly be sure that kids will have bright futures ahead.

