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Australia focuses on healthy and nutritious food for under-five age group

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$1.2 million granted to fuel brain development in under fives

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Professor Helen Truby from UQ's School of Human Movement and Nutrition Sciences said the project had been awarded $1.2 million over three years from the Australian Government Department of Health, under the Public Health and Chronic Disease Grant Program.

"This grant will enable us to work with early childhood educators and families to co-create resources to amplify messages about the importance of healthy and nutritious food for the under-five age group," Professor Truby said.

The first five years of a child's life is a time of rapid growth and brain development, which are heavily influenced by diet.

Nutritious Tools will have a suite of resources that support early childhood and nutrition education and will be free to access.