

## ***Preface***

In 2001 and 2002, members of the Physical Activity and Nutrition Research Unit at Deakin University reviewed the published literature on evaluated healthy eating interventions among children aged 0–15 years. From stakeholders involved in promoting children’s healthy eating, the study team sought opinions on problems and opportunities in this area. This planning guide is based on the study findings and a broad reading of the area. It is intended to help health, education, and community practitioners and other child carers devise and evaluate interventions to help children and their families consume healthy foods.

The guide attempts to overcome a gap in literature on children’s healthy eating interventions, with the current literature being diffuse and focused mainly on children in primary schools. Relatively little research has been published on interventions in preschools and family and community settings.