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French Kids Eat Everything: How our family moved to France, cured picky eating, banned snacking and discovered 10 simple rules for raising happy, healthy eaters (Paperback)

By Karen Le Billon

Little, Brown Book Group, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Far too many parents face an ongoing struggle to get their kids to eat well, so why is it that French children gladly wolf down all the things our kids hate - the dreaded spinach or broccoli, fish, olives, salad.? In French Kids Eat Everything, Karen Le Billon shares her experience of moving to France and finding the inspiration to transform her family s approach to eating.If you ve ever tried hiding healthy foods in your kids meals, bribing them to finish - or even start - something healthy, or simply given up in exasperation at your child s extensive list of banned foods, this book will strike a chord. It charts the author s enlightening journey from stressed mum of picky eaters, to proud - if somewhat surprised - parent of healthy, happy eaters. Along the way, you ll discover the food rules that help the French foster healthy eating habits, why it s vital to get kids to try the same food many times over, the value of educating your children about food from an early age, why how you eat is...



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