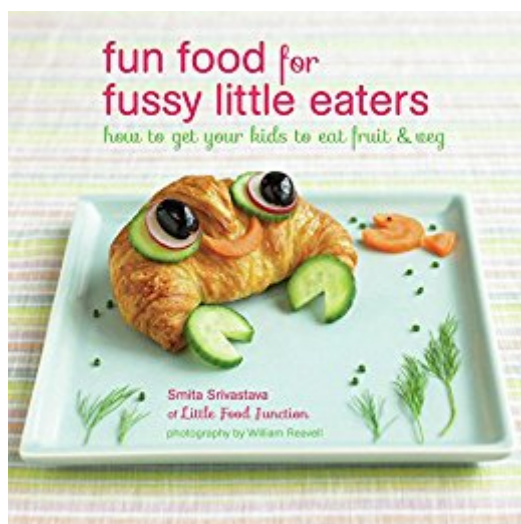


The book was found

Fun Food For Fussy Little Eaters: How To Get Your Kids To Eat Fruit And Veg



Synopsis

Mealtimes can be a battleground if your child is a fussy eater and many parents worry that their kids aren't eating enough of the healthy things they need to grow. Worrying about her own little picky eater, Smita Srivastava found a way to make mealtimes fun and persuade her daughter to eat what was put in front of her. Smita's fun and quirky food designs worked so well that she started her blog, Little Food Junction, which has received an overwhelming response from mums around the world. Since most children need a little more inspiration to try new things, the ideas and recipes in this book aim to make food more visually appealing. Featuring easy to make breakfasts, snacks and lunchboxes comprised of healthy ingredients including fresh fruit and vegetables, these fun food presentations not only encourage kids to try new things, but also drive home the message that healthy meals don't have to be boring. Armed with a Friendly Lion, Three Little Pigs, or an Exotic Christmas Tree, mealtime battles at the dinner table will be history.

Book Information

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#2654 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

Customer Reviews

It is a beautiful gift! I purchased 6 books as gifts. The price was unbelievable! The title states for fuzzy eaters but it truly enhances and encourages the creative side of kids. Art is everywhere!

This book is fun and quirky and is neatly divided into chapters based on themes - Fun at the zoo , Fairy Tales, Happy Holidays , and much more. For me , this book will serve as a quick reference for afternoon activities with my daughter, creating edible masterpieces as we bond over our love for artsy -craftsy creations..Totally recommend it :)

Lovely ideas, from all different kinds of foods. Some of them elaborate, other pretty simple, really cute. Certainly would recommend it.

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