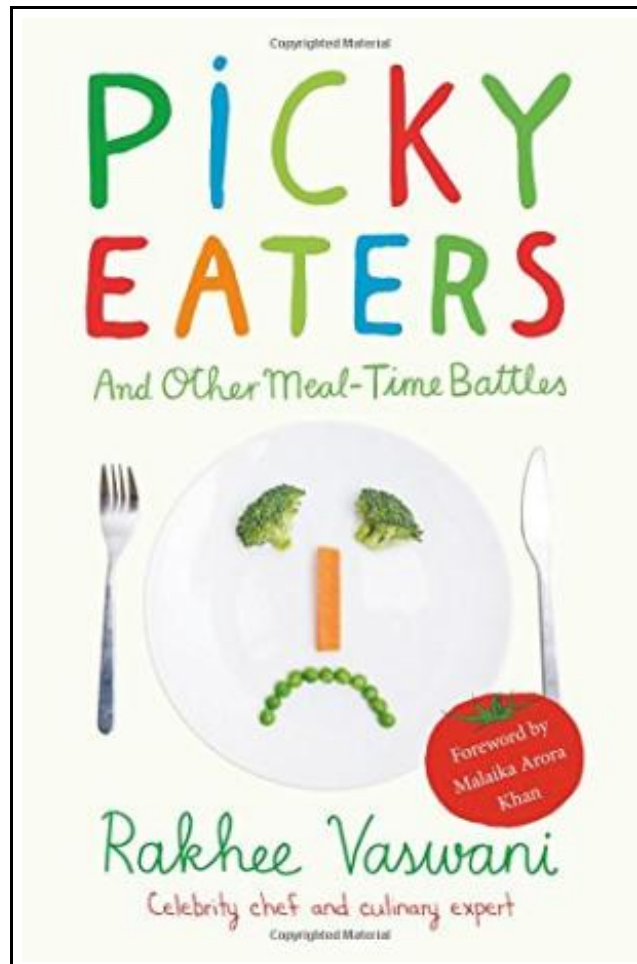


Picky Eaters: and other Meal-Time Battles



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(Prof. Maya Hand)

PICKY EATERS: AND OTHER MEAL-TIME BATTLES



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Ebury Press, Noida, 2015. Paper back. Book Condition: New. First. 264pp. Does your child revolt at the mere thought of eating greens? Are you running out of nutritious lunch-box ideas? Parents today are constantly reminded of the need to give their children healthy, home-cooked meals instead of the fat-, salt- and sugar-laden fare in food courts and restaurants. Yet, busy lifestyles mean that family time is in short supply which makes it hard to balance this need with the practicality of cooking for every family member. In Picky Eaters, celebrity chef and culinary expert Rakhee Vaswani guides parents and kids on how they can make everyday food fun, exciting and yummy. From delicious, healthy recipes to party-planning and cooking together, this book will tell you how to get your child to eat right. So banish all those mind-boggling questions about what to feed your children?and start cooking!.



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