



Fun Food for Fussy Little Eaters

By Smita Srivastava

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, Fun Food for Fussy Little Eaters, Smita Srivastava, 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 lunch boxes comprised of healthy ingredients such as fresh fruit, vegetables and eggs, 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 Magic Bananas, Friendly Lion Sandwiches and Fun Farm Salads, mealtime battles at the dining table will be history.



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