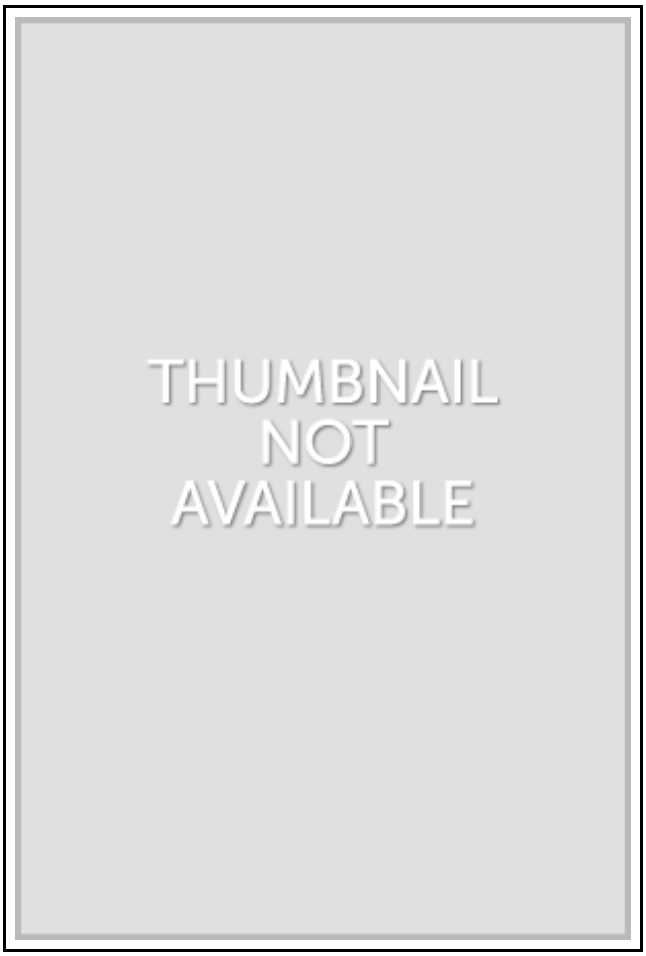
Happy Mealtimes for Kids: A Guide to Making Healthy Meals That Children Love



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HAPPY MEALTIMES FOR KIDS: A GUIDE TO MAKING HEALTHY MEALS THAT CHILDREN LOVE

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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Happy Mealtimes for Kids: A Guide to Making Healthy Meals That Children Love, Cathy Glass, Number 1 best-selling author, Cathy Glass, shares her experience and expertise gained across 25 years as a foster carer in this accessible and practical guide to establishing healthy and happy mealtimes. As well as bringing up three of her own children, Cathy Glass has had to radically improve the diets of most of the seventy-five children she has fostered - encouraging them to eat more healthily and helping them to understand the importance of mealtimes. As a result Cathy has become very good at producing simple but wholesome meals that appeal to children of all ages - here for the first time she shares her knowledge. Children with bad diets are often under or over weight, short in stature, with dull skin and hair, they can lack energy and often have difficulties concentrating. Cathy will help to explain what constitutes a bad diet and why foods heavy in sugar, fat and salt should be limited. She will explore the effect a poor diet and food additives can have on a child's behaviour and intelligence. Most importantly, she will suggest quick, easy and straightforward ways of making a difference. From how to establish routines to what to feed your children for breakfast, lunch and dinner, the importance of mealtimes for family bonding to the impact of the recent UK legislation governing school dinners, Cathy has compiled a comprehensive yet accessible guide to all you need to know about producing healthy and happy family mealtimes.

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