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Big Book of Recipes for Babies, Toddlers Children (Paperback)

By Judy More BSC Rd Rnutr, Bridget L Wardley

DUNCAN BAIRD PUBLISHERS, United States, 2015. Paperback. Book Condition: New. 241 x 190 mm. Language: English . Brand New Book. A child's first six years can be an exciting culinary journey which takes him or her from mashed banana, through home-made pizza, to their first mild curry. By introducing our children to a wide variety of tastes from an early age, we can help them to grow into a lifelong habit of intelligent eating. By making the dishes ourselves, we can give them foods that we know are nutritionally balanced in every way. More than a cookbook, this indispensable kitchen companion not only offers delicious recipes for every day of the year, but also contains a wealth of information on child nutrition--from weaning and introducing solids to packing lunches and serving up party foods for older children. It emphasizes an easy approach to food preparation, with no complicated measurements or methods. Most important of all, there's a wide variety of recipes for every stage of childhood development, complete with 50 first food recipes, 7-day meal planners, and sound snack ideas. Practical tips accompany the dishes, including methods for promoting healthy eating habits that support brain development and a...



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