



Picky Eaters: and other Meal-Time Battles

By Rakhee Vaswani

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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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- Mr. Gustave Gerhold

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM