



## Cooking for Toddlers: How to Give Your Toddler the Best Health and Vitality

By Sara Lewis

Hermes House. Paperback. Book Condition: new. BRAND NEW, Cooking for Toddlers: How to Give Your Toddler the Best Health and Vitality, Sara Lewis, How to give your toddler the best health and vitality? This title features over 70 recipes for your child's everyday eating, illustrated in more than 300 photographs, from fish cakes, pies and stews to pasta, chicken, desserts, special treats and party food. It includes authoritative advice on topics such as eating together as a family, providing a balanced and varied diet, healthy snacks, fussy eating, and much more. It provides expert reliable nutritional information - helping you to choose the right foods in the right quantities for maximum health and energy. This book is specifically designed to help parents through their child's feeding and dietary needs with confidence and assurance. It is packed with stimulating, tempting step-by-step recipes that are guaranteed to solve food rejection problems and encourage eating habits that will stand them in good stead through to adulthood. The book is divided into sections, with ideas for lunchtime meals, vegetarian dishes, quick teas, bread and toast snacks, simple puddings, and cakes and bakes that a toddler can help to prepare. It solves problems, answers questions...



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