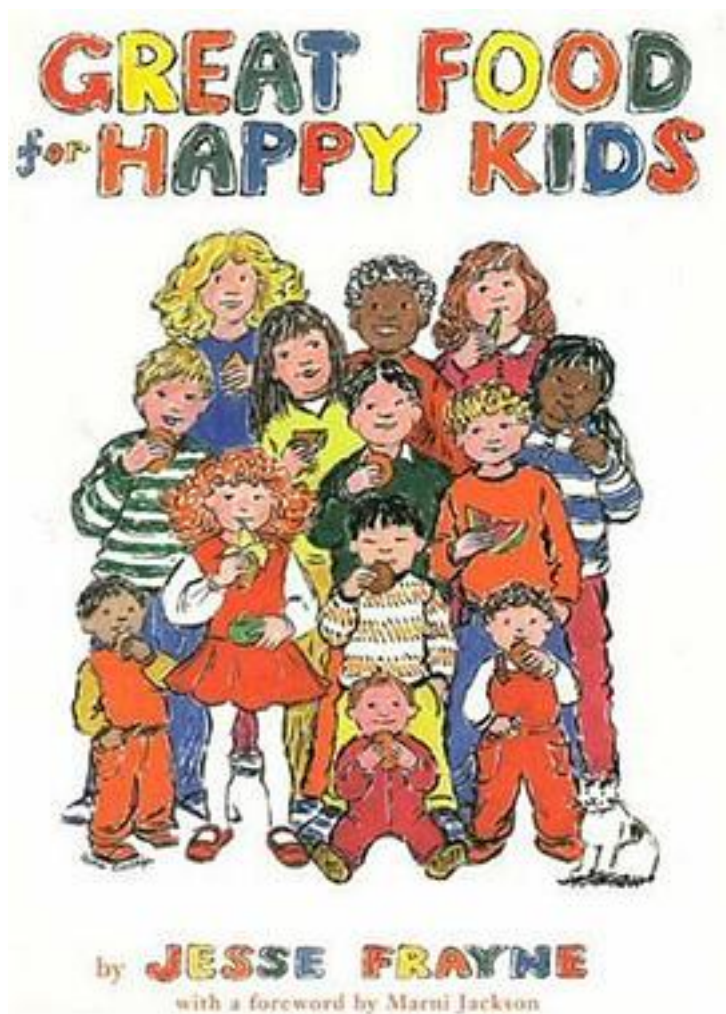


# Great Food for Happy Kids



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著者:Frayne, Jesse

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This is a cookbook which will give every busy parent fresh and inventive ideas for

healthy meals and snacks for their children, from babies through to teenagers. Author Jesse Frayne has distilled her years of experience as the mother of four and a professional caterer into a wonderful book, chock full of recipes and advice on how to tempt the palate of the fussiest child, what to prepare for a summer picnic in a park or at the beach, ideas for kids' birthday parties and after school snacks. Jesse believes in giving children a wide variety of healthy and fresh food both to eat and to learn to cook themselves. She has culled many of her recipes from her travels as well as from her own ethnically mixed neighbourhood. "Great Food for Happy Kids" is a book that mothers will not just dip into from time to time, but will want to sit down with and read from beginning to end. Jesse Frayne is the daughter of June Callwood, noted Canadian journalist, author and activist, and sportswriter Trent Frayne. She ran a catering company for the film industry in Toronto until the birth of her third child and currently lives with her husband and children in Toronto, where she continues to cook professionally.

作者介绍:

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