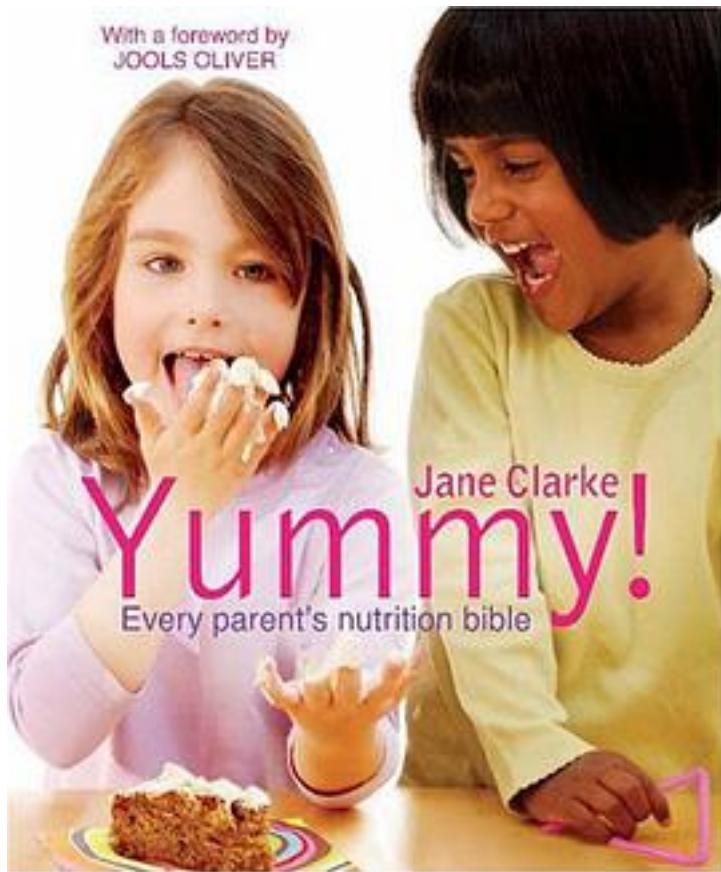


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出版者:Hodder Mobius

出版时间:2006-06-19

装帧:Hardcover

isbn:9780340898796

Kids' nutrition is a burning issue exercising parents everywhere. We all know that the foundations of a lifetime's good health start in childhood, but how do you get your child to eat healthy nutritious food if all they want is McDonald's? Jane Clarke is a mum with the answers. Giving parents the information and guidance they need to cut through the hysteria and the hype, this down-to-earth, realistic, easy to use book

addresses concerns like whether it's ever ok to give your child processed foods and how to encourage them to make healthy choices when you're not standing over them. With a troubleshooting section on specifics such as how to deal with a fussy eater or a child with food allergies, more than 50 recipes and beautiful colour photos throughout, this is the only book a parent will ever need.

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