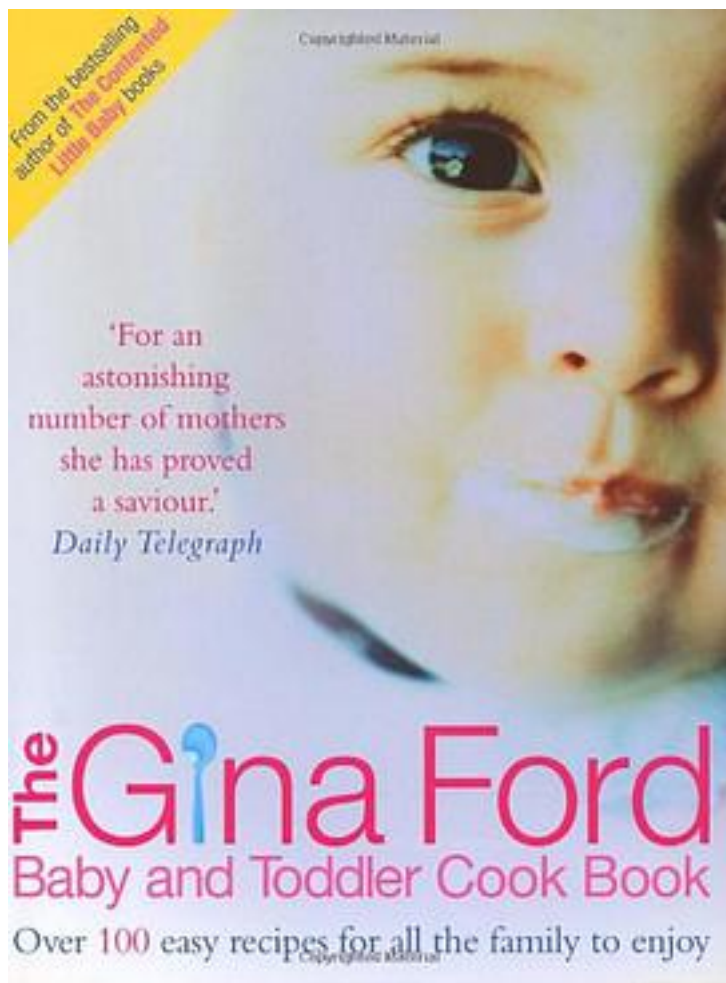


The Gina Ford Baby and Toddler Cook Book



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The importance of good childhood nutrition has never been more topical. Parents are constantly being reminded of the need to offer their children healthy, home cooking

and cut down on the number of fat, salt and suger-laden ready-prepared meals they feed them instead. Yet busy lifestyles dictate that family time is in short-supply and it is often hard to balance this need with the practicality of cooking for every family member. Gina Ford is here to help, providing the solution to this common parental dilemma in this highly accesible family recipe book. Picking up from where The Contented Little Baby Book of Weaning left off, The Gina Ford Baby and Toddler Cook Book addresses the next stage in childhood nutrition, from the age of nine months. Simplicity is the key to Gina's advice and her realistic approach to the demands of modern-day parenting account for the time restrictions of parents who want to provide good nutrition fast. This invaluable feeding manual includes chapters on: Juggling the needs of all the family: recipes for mothers and babies; recipes for mothers, babies and toddlers. Ideas on batch cooking: how to make twelve meals for the freezer at one cooking session. Quick and tasty breakfasts. How to make vegetables appealing and much more! 'This book could be your salvation!' The Daily Telegraph on The New Contented Little Baby Book.

作者介绍:

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