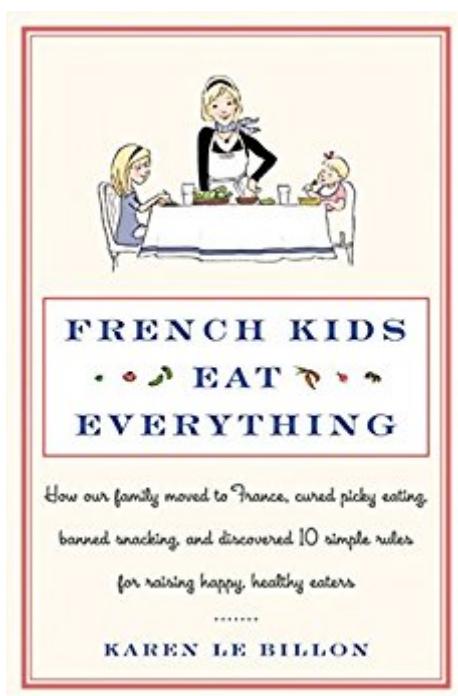


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# French Kids Eat Everything: How Our Family Moved To France, Cured Picky Eating, Banned Snacking, And Discovered 10 Simple Rules For Raising Happy, Healthy Eaters



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## **Synopsis**

French Kids Eat Everything is a wonderfully wry account of how Karen Le Billon was able to alter her children's deep-rooted, decidedly unhealthy North American eating habits while they were all living in France. At once a memoir, a cookbook, a how-to handbook, and a delightful exploration of how the French manage to feed children without endless battles and struggles with pickiness, French Kids Eat Everything features recipes, practical tips, and ten easy-to-follow rules for raising happy and healthy young eaters. "a sort of French Women Don't Get Fat meets Food Rules.

## **Book Information**

File Size: 2074 KB

Print Length: 321 pages

Publisher: William Morrow; Reprint edition (April 3, 2012)

Publication Date: April 3, 2012

Sold by: HarperCollins Publishers

Language: English

ASIN: B00655ZNSI

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,663 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Books > Politics & Social Sciences > Social Sciences > Customs & Traditions #1 in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social Sciences > Customs & Traditions #2 in Books > Cookbooks, Food & Wine > Regional & International > European > French

## **Customer Reviews**

I just finished reading this book and I loved it. I bought this after finishing 'Bringing Up Bebe', and I wanted more tips on how to get my child to enjoy more foods. I also wanted to change my own food habits, so this was perfect for me. I hate how I eat and I hate how the way my family eats has affected their health negatively. I am still young and in good health and I want it to stay that way. I don't enjoy eating and food much, because I like to eat and just move on to the next thing as fast as possible. I now realize that by taking my time to eat and to cook healthy meals, I can de-stress and enjoy my life more. Slowing down to enjoy food and family is just what I needed. I am sure that a lot

of people (especially Americans) will probably not give this book as good a review as it deserves, because there are a couple of parts in the book that pretty much say that everything about the way Americans eat (as well as some other Europeans and Canada) is so very wrong. I am inclined to agree 100%, because if nothing was wrong with how Americans eat then our childhood obesity rate wouldn't be what it is. But I can see how some people might be ready to get all upset about somebody telling them that their eating habits are wrong. So unless you want to and are willing to make a big change in your eating habits for the sake of your child, don't bother reading this book. It is the slap in the face that I needed and what I think America needs, but is too lazy and complacent to accept. So far my family and I have begun changing our lifestyles, little by little, to follow the 'rules' in the book. It has been amazing. We have had several meals 'the French way' and we have enjoyed them immensely.

This book is a must-have for an American parent. We started out feeding our child homecooked, good meals, eating as a family, and limiting treats and snacks. Somewhere by age 4, she was eating mostly crackers of various types, cheese sticks, and other junk. Worse of all, the family dinner table had become a battleground. She would refuse just about anything except what was familiar and usually processed. It didn't help matters when our own family members, meaning well I'm sure, began filling our pantry with "good" food for her...microwaved processed meals. So long as it said "organic" or was somehow marketed as healthy, it was okay. It really wasn't. Americans snack constantly. Most of their calories are from junk, "fake" food. Most restaurants are some variant of Fast Food (especially Chili's and Olive Garden types, that cook prepackaged meals passed off as real dishes), and they eat out a LOT! Kids are constantly walking around with some bag of something in their hands. Corporations have caught on and pacify parents with things like "Organic Fruit Rollups". And we have fallen for it hook, line, and sinker. Schools especially, even Pre-K, where the kids are fed Animal Crackers as a morning snack and corporate marketing tools are drilled into them. We tried several books that typically resulted in bribery, punishment, reward, or becoming a line-cook and making separate meals for the kids. It seemed ridiculous because we were eating so much better than our own child. Other parents were of little help, because they all had the same problem with no solutions. By instituting some of the rules outlined in this book, we've changed our household dramatically. We stopped the fighting. We cooked good meals and started eating together, more slowly, enjoying conversation.

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