Cathy Glass

THE MILLION COPY BESTSELLING AUTHOR

Happy Mealtimes

for Kids

A Guide to Healthy Eating with Simple Recipes that Children Love

Cathy Glass

Happy Mealtimes for Kids: A Guide To Making Healthy Meals That Children Love

«HarperCollins»

Glass C.

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Number 1 best-selling author, Cathy Glass, shares her experience and expertise gained across 25 years as a foster carer in this accessible and practical guide to establishing healthy and happy mealtimes.As well as bringing up three of her own children, Cathy Glass has had to radically improve the diets of most of the seventy-five children she has fostered – encouraging them to eat more healthily and helping them to understand the importance of mealtimes. As a result Cathy has become very good at producing simple but wholesome meals that appeal to children of all ages – here for the first time she shares her knowledge.Children with bad diets are often under or over weight, short in stature, with dull skin and hair, they can lack energy and often have difficulties concentrating. Cathy will help to explain what constitutes a bad diet and why foods heavy in sugar, fat and salt should be limited. She will explore the effect a poor diet and food additives can have on a child's behaviour and intelligence. Most importantly, she will suggest quick, easy and straightforward ways of making a difference.From how to establish routines to what to feed your children for breakfast, lunch and dinner, the importance of mealtimes for family bonding to the impact of the recent UK legislation governing school dinners, Cathy has compiled a comprehensive yet accessible guide to all you need to know about producing healthy and happy family mealtimes.

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ABOUT THE AUTHOR
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ABOUT THE PUBLISHER
Introduction: Why happy mealtimes?

I am a foster carer, and as well as bringing up three children of my own, I have looked after other people's children for over twenty-five years. Some of those children stayed with me for a few days, while others stayed for years. The reasons why children come into care vary – from a single parent having to go into hospital for a night, to a child being badly neglected and abused. While some of the children I've fostered had received adequate diets at home, the vast majority – over 95 per cent – had not, resulting in the children being under- or overweight, short in stature, with dull skin and hair, lacking energy, and often having difficulties in concentrating and therefore being behind with their learning.

One of the first changes I have to make when a child comes to live with me is to their diet, and they are often resistant to change. When the children have been used to snacking on whatever was to hand – usually crisps and biscuits – not only do I have to wean them on to 'proper' food but also I have to introduce them to mealtimes rather than having snacks in front of the television. Highly processed food – usually the only food they have known – is often visually attractive and easy to eat (requiring hardly any chewing), but it has few nutrients and addictive amounts of salt and sugar. I have to win the children over to a healthier way of eating as well as providing meals that the whole family enjoys, and like most busy parents I don't have much time. I have therefore become adept at producing simple nutritious meals that are easy to make and which kids of all ages will love. In this book I share my recipes, together with some important food facts. I hope you find it useful. *Bon appétit*.

Конец ознакомительного фрагмента.

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