

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**

Аннотация

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.

Cathy Glass

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Contents

COVER

TITLE PAGE

INTRODUCTION: WHY HAPPY MEALTIMES?

ONE: WHAT IS A BAD DIET FOR KIDS?

Diet and behaviour

Sugar

Caffeine

Food additives

TWO: WHAT IS A GOOD DIET FOR KIDS?

Calories

Ideal weight

Protein

Carbohydrates

Fibre

Fat

Vitamins and minerals

Fluid

THREE: MEALS AND EATING

The importance of mealtimes

Establishing good mealtimes

Food fussiness and refusal to eat

FOUR: BREAKFAST

Breakfast routine

Breakfast food

Drinks for breakfast

Quick breakfast ideas that kids love

Cereal

Toast

Bread rolls

Bagels

English muffins

Croissants

Fruit

Yoghurts

Smoothies

Cooked breakfasts

Full English breakfast

Omelette

Boiled egg with soldiers

Egg/sausage/tomatoes/baked beans/cheese/mushrooms on
toast

Eggy bread

Welsh rarebit

Toasted sandwiches

Pancakes

Leftovers

School breakfast

Breakfast for adults

FIVE: LUNCH

School dinner

Packed lunch

Drinks for a packed lunch

Bread, wraps and rolls

Fillings

Pots

Little extra pots

Main meal pots

Other savouries for a lunch box

Packed lunch desserts

Lunch at home

Jacket potatoes

Kids' hash

Egg in a nest

Stuffed pepper

Quick cauliflower cheese

Sausage and rice pan casserole

Soups

Potato and carrot soup

Lentil soup

Cream of mushroom soup

Pasta lunch

Cheesy pasta

Macaroni cheese

Tomato pasta

Pasta bake

Spaghetti

Tagliatelle

'Toast lunch'

Toasted sandwiches

Kids' kebabs

Bubble and squeak

All-day breakfast

Lunchtime desserts

Fruit

Smoothies

Yoghurt

Other lunch dessert ideas

Drinks at home

Convenience food for lunch

SIX: DINNER

Easy and popular main meals

Spaghetti bolognese

Cottage pie

Lasagne

Toad in the hole

Onion gravy

Curry

Plain naan

Casseroles and hot pots

Meat and vegetable casserole

Vegetable casserole

Hot pot

Fish and sweetcorn pie
Stir-fries
Simple stir-fry
Simple stir-fry sauce
Beef and baby sweetcorn stir-fry
Honeyed chicken and noodle stir-fry
Other stir-fry ideas
Meat and two veg
Roasting meat
Braising meat
Stewing meat
Grilling meat
Frying meat
Puddings
Apple crumble
Bread and butter pudding
Fruit pie
Rice pudding
Bread pudding
Sponge pudding
Cake in custard
Banana and honey whip
Cheesecake
Trifle
Convenience food for dinner

SEVEN: HAPPY SNACKS

CONCLUSION

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ABOUT THE AUTHOR

CATHY GLASS

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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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