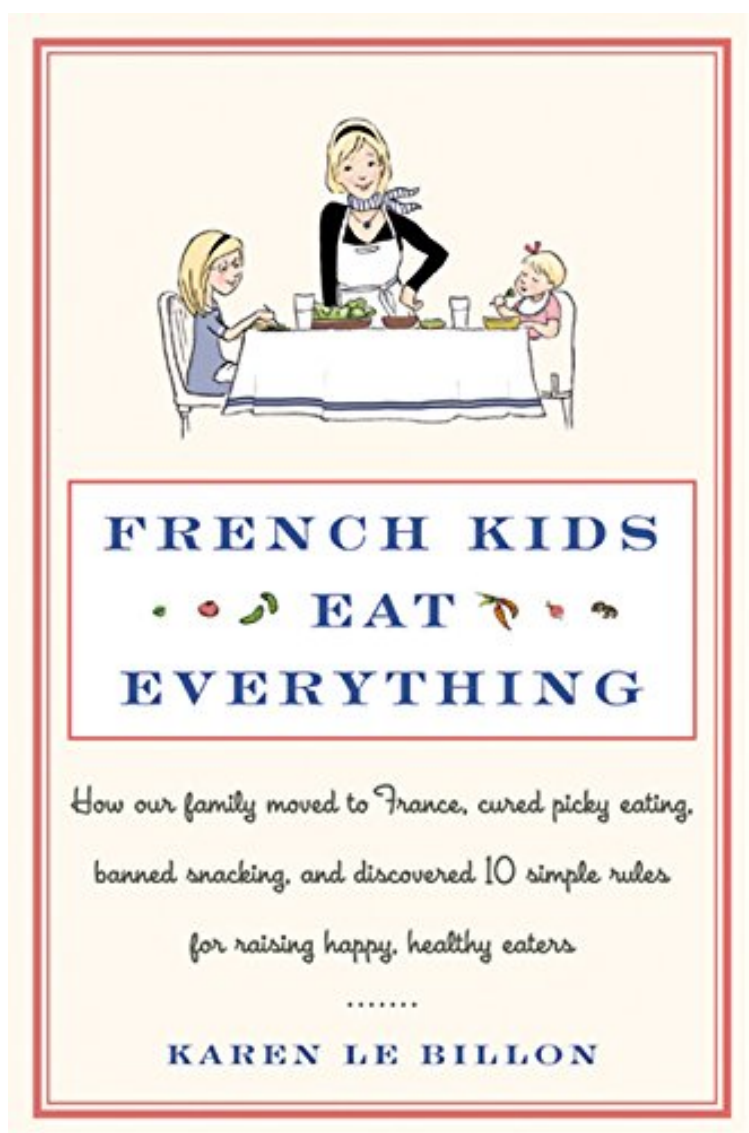


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# French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules for Raising Happy, Healthy Eaters



*Par Karen Le Billon*

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## Description :

Prsentation de l'diteurFrench Kids Eat Everything is a wonderfully wry account of how Karen Le Billon was able to alter her childrens 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*. Humorous as well as instructive, this culinary adventure will change the lives of parents and children alike . . . Karen Le Billon and her children learn that it's okay to feel hungry between meals, turn to mindful eating, and learn the importance of enjoying one's food. (Patricia Wells, Author Of *The Provence Cookbook*) This book is not only about how to teach children (and yourself) to eat well and happily for life, it's a book about how to help build and maintain the foundations of any civilized society. I loved it. Essential reading, whether you have children or not. (Laura Calder, Author Of *Dinner Chez Moi And Host Of French Food At Home*) A wonderful - and important - book. One family's topsy-turvy culinary transformation becomes an in-depth exploration of the habits that have kept French kids loving food (and eating spinach) for centuries. -- Elizabeth Bard, Author of *Lunch in Paris* Presentation de l'auteur *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*.