



Healthy Snacks for Kids (Revised edition)

By Penny Warner



Bristol Publishing Enterprises Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Healthy Snacks for Kids (Revised edition), Penny Warner, It's always a question - what to give your kids to eat? You want them to eat healthy food, but you don't want them coming home saying, "I didn't have time at recess", or, "I didn't like the look of my sandwich and anyway I dropped it in the yard!". With this book, you'll always have ideas for sandwiches, snacks, and drinks - even breakfast and dinner treats that will keep your kids healthy, strong and energetic. The recipe titles in this book are almost as yummy as the recipes themselves: Monkey Bars, Wiggle Sicles, Corny Pudding, Tomato Balloons. "New Healthy Snacks for Kids" provides pizzazz to lunch and snack time, and helps calm the chaos of cranky children who need to eat now. Warner has great ideas for smuggling nutrition into old favourites. She suggests using "props" to spice up food and get kids enthusiastic about mealtime. Each recipe includes a graphic representation of the food pyramid that shows which foods are emphasised.



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