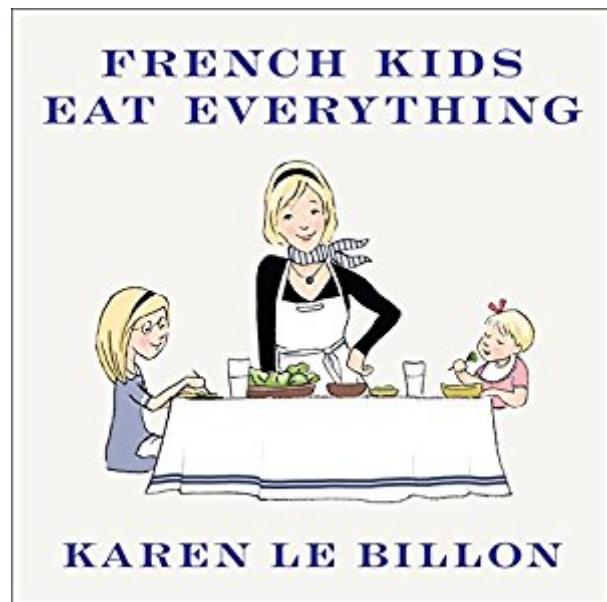


The book was found

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



## **Synopsis**

When she moved her young family to her husband's hometown in northern France, Karen Le Billon expected some cultural adjustment. But she didn't expect to be lectured for slipping her fussing toddler a snack, or to be forbidden from packing her older daughter a school lunch. Karen is intrigued by the fact that French children happily eat everything - from beets to broccoli, from salad to spinach - while French obesity rates are a fraction of what they are in North America. Karen soon begins to see the wisdom in the "food rules" that the French use to foster healthy eating habits and good manners in babies and children. Some of the rules call into question both our eating habits and our parenting styles. Other rules evoke commonsense habits that we used to share but have somehow forgotten. Combining personal anecdotes with practical tips and appetizing recipes, French Kids Eat Everything is a humorous, provocative look at families, food, and children that is filled with inspiration and advice that every parent can use.

## **Book Information**

Audible Audio Edition

Listening Length: 8 hours and 13 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: July 29, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00LWA22H6

Best Sellers Rank: #26 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #32 in Books > Politics & Social Sciences > Social Sciences > Customs & Traditions #48 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.

[Download to continue reading...](#)

French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules France: A Traveler's Guide to the Must-See Cities in France! (Paris, Strasbourg, Nice, Dijon, Lyon, Lille, Marseille, Toulouse, Bordeaux, Nantes, France Travel Guide, France) Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More (For Parents, By Parents) Paris, France: Travel Guide Book: A Comprehensive 5-Day Travel Guide to Paris, France & Unforgettable French Travel: Best Travel Guides to Europe, Book 1 Lightning-Fast French for Kids and Families: Learn French, Speak French, Teach Kids French - Quick as a Flash, Even if You Don't Speak a Word Now! The Snacking Dead: A Parody in a Cookbook Asian Pickles: Sweet, Sour, Salty, Cured, and Fermented Preserves from Korea, Japan, China, India, and Beyond 10 Bed-Time Stories in French and English with audio.: French for Kids - Learn French with Parallel English Text (Volume 2) (French Edition) Olympia Provisions: Cured Meats and Tales from an American Charcuterie Banned Methods of Persuasion: How to Covertly Convince, Influence, Persuade, and Negotiate with Anyone to Get Them to Do What You Want Mein Kampf: (Banned and the Bestseller) Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Chess For Kids: How to play chess for kids with a simple explanation of the chess rules for kids and other fun facts about chess A Practical Survival Guide to Banking & Insurance in France (A Practical Survival Guide to Your Life in France) WHO MOVED MY CHEESE? for Kids Classical Sheet Music For French Horn With French Horn & Piano Duets Book 1: Ten Easy Classical Sheet Music Pieces For Solo French Horn & French Horn/Piano Duets (Volume 1) The Food and Wine of France: Eating and Drinking from Champagne to Provence Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health

[Dmca](#)