



# 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

By Karen Le Billon

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*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*.

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### Editorial Review

#### Review

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

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#### From the Back Cover

Moving 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. Taken together, the rules suggest that we need to dramatically rethink the way we feed children, at home and at school.

Combining personal anecdotes with practical tips and appetizing recipes—including Zucchini and Spinach Puree and Bouillabaisse (Fish Soup) for Babies—*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.

### Users Review

#### From reader reviews:

**Minerva Gagliano:**

Here thing why this specific 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 are different and reliable to be yours. First of all looking at a book is good nonetheless it depends in the content of it which is the content is as tasty as food or not. 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 giving you information deeper and in different ways, you can find any publication out there but there is no reserve that similar with 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. It gives you thrill examining journey, its open up your eyes about the thing this happened in the world which is probably can be happened around you. It is possible to bring everywhere like in area, café, or even in your approach home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of 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 in e-book can be your option.

**Allen Brown:**

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**Juan McCain:**

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**Marie Forrest:**

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