

# Cooking For Toddlers: How To Give Your Toddler The Best Health And Vitality



## Synopsis

Expert advice on nutrition and choosing the right foods, along with 70 recipes for everyday healthy eating that all young children are sure to enjoy.

## Book Information

Paperback: 96 pages

Publisher: Southwater; Reprint edition (April 7, 2014)

Language: English

ISBN-10: 1846819784

ISBN-13: 978-1846819780

Product Dimensions: 9.1 x 0.4 x 11.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #713,239 in Books (See Top 100 in Books) #122 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food

## Customer Reviews

Sara Lewis is a freelance food writer and home economist and a mother. She writes regular cooking features for leading food and parentcraft magazines, and is the author of several children's cookbooks.

In terms of cooking, your racial background and how you ate when you are growing up really changes how you cook. I am Japanese and my mother cooked a lot of stews and using only one pan in a small kitchen. It made me a bit nostalgic. This book is very easy to follow (only 4 to 6 steps) and it has tons of photographs so you know what you are making. It is a bit heavy on red-meat which you can replace with white meat or even tofu. Dishes always has protein and vegetables. I would add some kind of fruits with these dishes. Photograph colour and style is a bit old fashioned but the way they are presented is actually better than 10 other Toddler Cooking books I bought on .

Not what I expected. Recipes are boring. Horrible Ingredients like ketchup. The only reason why someone would buy his book is if they want presentation ideas. But you are better off buying a book on Japanese bento meals for kids.

I got this book originally in Portuguese while living in Brazil, and loved it from the very start. All of the

recipes show their respective pictures, which I love in a recipe book. Then I found it in English and now my sister-in-law is getting it for Christmas, I'm sure my little baby nephew will enjoy it as much as I did with my now 10-year-old daughter. The book features a number of "food" as well as "dessert" recipes. The instructions are easy to follow and most feature ingredients you may already have in your pantry. The book also gives great ideas on how to present meal in a fun and creative way. A great book, and pretty enough to give as a gift.

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