



Annabel Karmel's Small Helpings: Complete Guide to Feeding Toddlers and Schoolchildren

By Annabel Karmel

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Annabel Karmel's Small Helpings: Complete Guide to Feeding Toddlers and Schoolchildren, Annabel Karmel, Worried about feeding your baby bland processed purees? Having problems getting your child to eat? Or are your children fussy eaters who will only eat junk food? Bestselling cookery writer and expert on food for kids Annabel Karmel is the mother of three young children and she knows how difficult it can be to ensure a healthy diet for the whole family. First published by the BBC, Annabel Karmel's Small Helpings is a complete guide to feeding babies and children with recipes for all occasions - from weaning to packed lunches and family meal ideas. This edition contains an extended chapter on tea parties, including over 30 recipes for party food and lots of exciting entertaining ideas. It also includes a step-by-step guide to introducing your child to solid foods, over 100 recipes suitable for freezing and lots of tips to make food fun for children. Beautifully illustrated throughout, Annabel Karmel's Small Helpings is aimed at all parents who are continually searching for original yet healthy family food ideas.



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