

<<儿童营养餐>>

图书基本信息

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### 内容概要

If you find it a challenge to get your children to eat good , homecooked food , then just 4 Kids is the answer。 With recipes specially written with Children in mind , the book is an indispensable guide to making food that children will actually eat。

Many of the recipes will appeal to adults too , since today ' s busy Lifestyles mean that there is rarely time to cook separately and children ' s meals are the family ' s meals。

For parents at home with children , the book contains plenty of ideas for attractive dishes to tempt babies and toddlers , as well as more sophisticated fare for older siblings。

Beautifully illustrated with full-colour photography , all the recipes in this book are written in easy-to-follow , step-by-step instructions , and are simple to prepare and cook , so get cooking and see how easy it is to create delicious meals from just 4 Kids。

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书籍目录

Introduction Breakfast Meat & Poultry Fish & Seafood Vegetables Snacks Treats Index

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