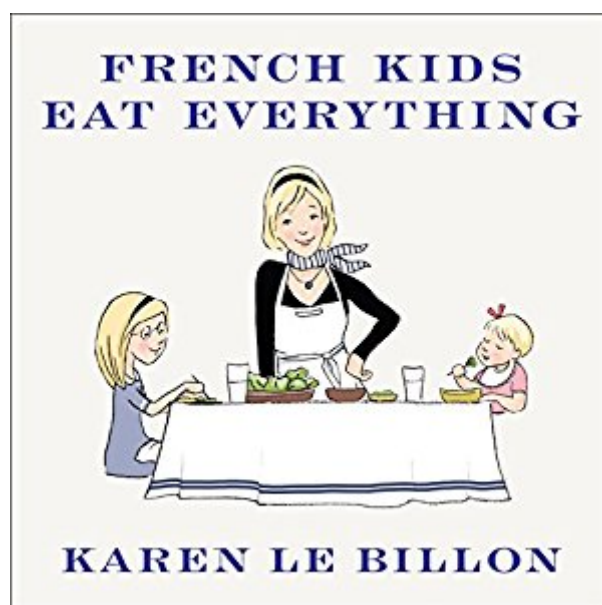


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# French Kids Eat Everything: How Our Family Moved To France, Cured Picky Eating, Banned Snacking, And Discovered 10 Simple Rules



## 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

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## 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.

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