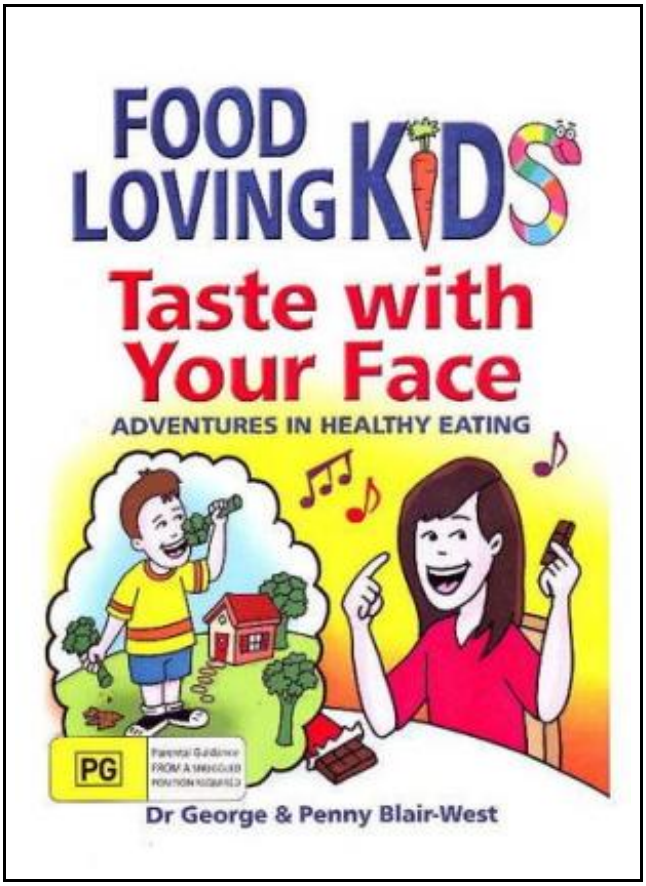
Taste with Your Face: Adventures in Healthy Eating



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Alclare Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Taste with Your Face: Adventures in Healthy Eating, George Blair-West, Penny Blair-West, The greatest influence on what children eat at home is simply what is in the house to eat (or to make for lunches). When children don't have the money and transport to access their own food, their parents have almost total control over how healthy, or fattening, their diet will be. 'The Ruler of Family Food Land' literally holds the lives of their subjects in their hands as lifelong habits are created. These habits can become so entrenched that changing them becomes almost impossible for many people. Recent research found 72 per cent of the food decisions made in the family were controlled by one parent or caregiver. This is an enormous amount of power! Use it to limit the more fattening foods and increase the availability and variety of fresh, healthy foods. Then there's the question of how you 'sell' healthy food to your children. Ultimately, it may affect how long your children live. This book shows you how to wield this power to help kids love healthier foods and develop habits to live healthy, vibrant lives. This book is designed for adults to read to (and stimulate discussion with) children between the ages of 2 and 10 years.

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