



Getting to YUM: The 7 Secrets of Raising Eager Eaters

Karen Le Billon



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From the author of the popular *French Kids Eat Everything*, a simple, easy and surprisingly fun way to change dinnertime reactions from YUCK to YUM.

Are mealtimes with your kids a source of frustration? Ever wonder how on earth to get them to eat the recommended 5 servings of fruits and veggies per day (or even per week)?

Getting to YUM is a practical and engaging guide for parents eager to get past their children's food resistance—or avoid it altogether. It introduces 7 Secrets of Raising Eager Eaters (Secret 1: Teach your child to eat, just like you teach them to read! or Secret 6: Teach me to do it myself: kid participation is every parent's secret weapon).

Karen Le Billon, author of *French Kids Eat Everything*, coaches readers through the process of taste training, including strategies, games and experiments that will encourage even reluctant eaters to branch out. Over 100 delicious, kid-tested, age-appropriate recipes lead families step-by-step through the process of "learning to love new foods," enabling kids to really enjoy the foods we know they should be eating.

Wise and compelling, *Getting to YUM* is grounded in revolutionary new research on the science of taste. Packed full of observations from real-life families, it provides everything parents need to transform their children—from babies to toddlers to teens—into good eaters for life.



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Getting to YUM: The 7 Secrets of Raising Eager Eaters can be one of your beginner books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing Getting to YUM: The 7 Secrets of Raising Eager Eaters but doesn't forget the main stage, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial considering.

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