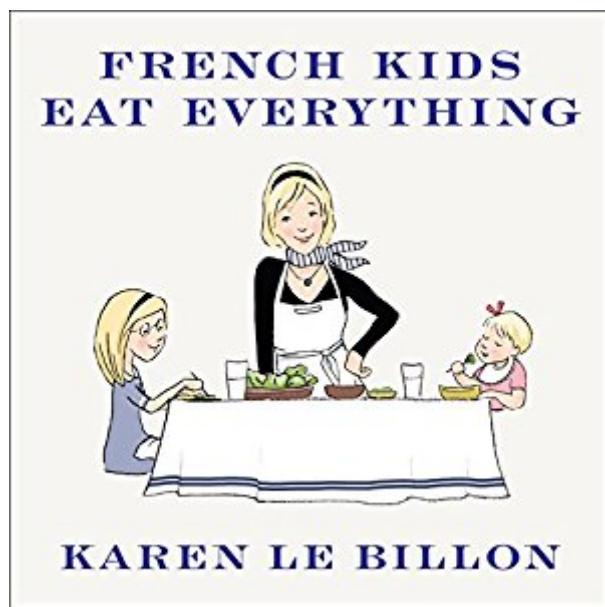


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# French Kids Eat Everything: How Our Family Moved To France, Cured Picky Eating, Banned Snacking, And Discovered 10 Simple Rules



## **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**

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. We eliminated snacks from our house. We encouraged her to try everything, but didn't force her to eat it (a "taste" was acceptable, it would reappear on her plate some other night). One snack a day, between lunch and dinner, and only fruit/yogurt/cheese/applesauce/etc. Desserts were for special meals and occasions (where it had previously been a reward for choking down a sliver of carrot). If she didn't eat, fine, the plate was taken away when the meal was over and she could wait until her next meal. No snacks! (Very quickly, she finally stormed into the kitchen, took back her plate and happily ate everything she had 20 minutes ago declared "yucky!") We started formal dinners once a week to have fun dressing up the table. She was encouraged to help with the cooking more. Eating is supposed to be FUN and enjoyable! Finally, we changed ourselves. We took the time in the morning to make meals and eat together, as well as the evening dinner. We stopped letting ourselves get frustrated, because we knew that we weren't starving her (plenty of yummy food was being served), and eventually she would eat when she got hungry and realized that no, a cookie or box of crackers would never be coming. I recommend this book to every parent.

Based on the review I read, it was pretty much as I expected. It has good information that really should be common sense, but is not. I think it is easier to eat the French way when you have access to fresh food. The more rural you get, the worse the food choices seem to be in South Dakota. It is strange considering the farms and ranches out here. The thing I didn't care for was that the last part of the book is basically a review of the information. The repeat, I felt, was unnecessary. I would still recommend this to families struggling to break free from the crap American diet.

Both my husband and I have devoured this book (pardon the pun). We have always found it challenging to get our 4 children to eat their evening meal and through "French Kids Eat Everything" we have realised that in our case this was to do with excessive snacking during the day. Thanks to Karen we have changed the way that we talk about food with our children, we have taken control of the meal schedule and menu with positive results. This book is an easy and engaging read that I could relate to in my day to day life.

Love this book. It made so much sense and inspired me!

Got some great ideas from the book to implement as a family. Some worked better than others but something to strive for everyday. I recommend this to all my friends. Good read.

good read, Thanks

This should be required reading for all Canadian and American high school students! Makes a real case for how much fun it can be to cook and eat and have both of those things be a healthy social activity as well!

Being French, I should not have been tempted to buy this book but the reviews I read on some blogs made me want to have a look. Well, I am loving reading it! For me, it is merely a reminder of our food and social habits (yet a good reminder as I have been living far from France for the past 10 years), so I haven't been learning much, but Karen Le Billon's writing is delightful and I am enjoying every moment of it.

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