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The Healthy Lunchbox

By Fiona Beckett

Grub Street. Paperback. Book Condition: new. BRAND NEW, The Healthy Lunchbox, Fiona Beckett, According to the Government's nutritional standards, a child's lunch should contain at least one portion each of fruit and veg, protein (meat or alternative), dairy products and starchy food, such as bread or pasta. But a recent survey found that nine out of ten children still take packed lunches to school that contain too much saturated fat, sugar and salt. The Healthy Lunchbox is full of suggestions and ideas to help you provide your child with an appetizing and appealing meal each day. It will explain why many lunchboxes are unhealthy. What a healthy lunch should consist of. What children and adults of different ages should have (size of portions etc). Seasonality. Variety. Encouraging children to experiment. Personalising your lunchbox and making your lunchbox special. How to adapt your lunchbox for different age groups. How to get over children's fears of being different. Dealing with the reluctant/fussy eater and the overweight. Dealing with pester power. How to get kids involved in making their own. What children from other countries take to school. Lunchbox notes. Finally how to plan a week's meals on the basis of one or...



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