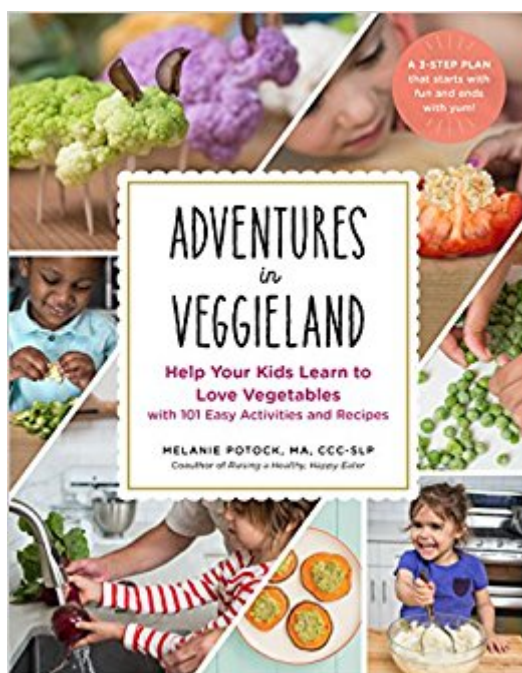


The book was found

Adventures In Veggieland: Help Your Kids Learn To Love Vegetables With 101 Easy Activities And Recipes



Synopsis

Kids can learn to eat all sorts of vegetables and have fun in the process. Feeding therapist Melanie Potock has developed an easy, effective system to introduce children to vegetables as they embark on a lifetime of healthy eating. *Adventures in Veggieland: Help Your Kids Learn to Love Vegetables with 101 Easy Activities and Recipes* features a year's worth of family-friendly recipes along with practical, proven strategies for helping kids learn to become more adventurous eaters over time. Parents will learn how to introduce a new vegetable every week, plus creative and engaging ways to expose their kids to new foods. The book features 20 vegetables, organized by season, each with activities and recipes highlighting the program's three phases to vegetable love: expose, explore, expand. For instance, the turnip chapter includes Expose Kids to Turnips with Mr. Turnip Head; Explore Mashed Turnips with Bacon and Chives; and Expand with a Sweet Treat: Monogrammed Mini Turnip Pies. The kids are involved in every part of the activity process from washing the vegetable to eating delicious food they helped make. Using the "3 Easy E's," Potock has created activities that will help children to become food explorers, not picky eaters!

Book Information

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Customer Reviews

"Feeding therapist Potock has developed a year's worth of family-friendly recipes along with practical, proven strategies for helping kids learn to become more adventurous eaters gradually. The book features 20 vegetables, organized by season, each with activities and recipes highlighting the three phases to vegetable love: expose, explore, expand." —Publishers Weekly

Melanie Potock, MA, CCC-SLP, is a feeding therapist, author of *Adventures in Veggieland*, and an international speaker on the topic of picky eating and feeding disorders in children. Her advice, found on her website MelaniePotock.com, has been shared in national publications, including *Parents* magazine. She lives in Colorado.

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