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The Food Nanny: The 10 Food Rules to Prevent a Frighteningly Fat Future for Your Kids (Paperback)

By Anna Burns

Gill Macmillan Ltd, Ireland, 2012. Paperback. Book Condition: New. 214 x 136 mm. Language: English . Brand New Book. eBook available Do you find yourself constantly bombarded with requests for sweets, treats and snacks by your kids? Is the supermarket a battleground every time? Do your kids spend a lot more time indoors watching TV than you would have been allowed as a child? Would you love to see them eat more vegetables and make it through a movie without consuming the caloric allowance of a small elephant? Then you need The Food Nanny. You need to take charge of your child's nutrition today. Parents, it's time we faced the truth: our kids are getting fat. This is not a good thing. This is the result of overindulgence and it's up to you to do better. Straight-talking, witty, but brutally honest The Food Nanny will give you the only rules you'll ever need to teach your children to be happy, healthy eaters, fitter, active and full of beans. * Enjoy happy relaxed mealtimes * See them tuck into vegetables * Watch your kids thrive outdoors * Save serious money on your weekly shop And, more than...



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Reviews

Extensive guideline! It's this sort of excellent read. It had been written quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though I am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**