

FIRST AID AT THE DINNER TABLE



Contents

Food, food, food
The art of learning to eat
Growth curves
A Stone Age child at the table
Teamwork at dinner time
The taco model
The fear of malnourishment
Children and vegetables
Kids' favourites
Food emergency
What you really don't need
When to seek help?
Questions and answers on food and children
Food trouble in 5 minutes
Further reading
Reference section
Thanks
Index

Första hjälpen vid matbordet

Sara Ask

125x210, 180p

Do you have a 2-year-old who refuses vegetables? A rebellious 3-year-old? Or perhaps a baby who is just starting to learn to eat? Preparing food for children can be both stressful and try your patience. Why do kids want nothing but macaroni? How do we stop mealtimes breaking down into arguments? What if my child becomes malnourished?

In *First aid at the dinner table* we look at the problem from the child's point of view. Natural taste preferences, an innate scepticism about certain foods, and the variations that exist between children, from the first taster portions through the important pre-school years. Here are tips on strategies to adopt to prevent mealtimes becoming a struggle, ideas on serving dinner in such a way that as many as possible want to finish their meal, and a rundown on the essential nutritional elements, translated into food.

Did you know how little protein is really necessary, or how easy it is to consume sufficient amounts of vitamins? With a greater understanding of the person you have seated across the table and what he or she really needs, it gets easier to remain calm and allow the meal to take the time it requires.



About the author

Sara Ask has worked as a dietician at Astrid Lindgren Children's Hospital and has been the expert on food for children for magazine *Vi Föräldrar* (We Parents) for ten years. Sara Ask has earlier published the bestselling cookbooks *Mera vego* (Ordfront 2014) and *Ännu mera vego* (Ordfront 2015) with Lisa Bjärbo.

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