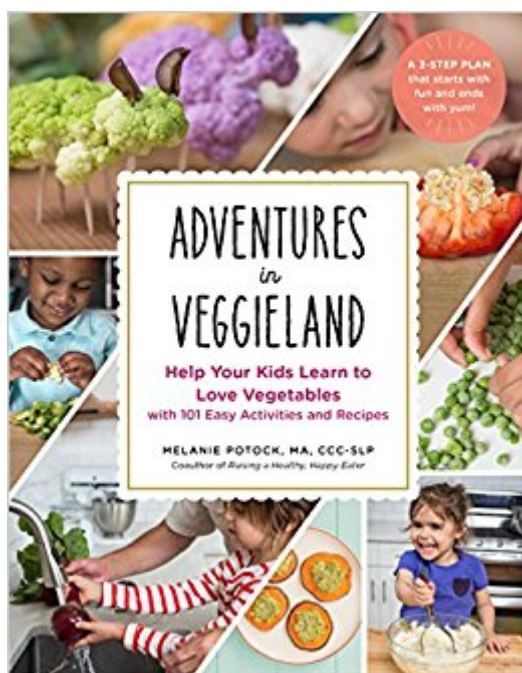


The book was found

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

Paperback: 256 pages

Publisher: The Experiment (January 2, 2018)

Language: English

ISBN-10: 1615194061

ISBN-13: 978-1615194063

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #449,781 in Books (See Top 100 in Books) #68 in *Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids* #463 in *Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables* #5490 in *Books > Parenting & Relationships > Parenting*

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.

[Download to continue reading...](#)

Adventures in Veggieland: Help Your Kids Learn to Love Vegetables with 101 Easy Activities and Recipes
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1)
Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12)
Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1)
The Weight Loss Vegetable Spiralizer Cookbook: 101 Low-Carb Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, iPerfect, ... Spiralizers! (Spiralizers 101 Book 2)
An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn
The Baby-Led Weaning Cookbook: 130 Easy, Nutritious Recipes That Will Help Your Baby Learn to Eat (and Love!) a Variety of Solid Foods
and That the Whole Family Will Enjoy
Business For Kids: for beginners - How to teach Entrepreneurship to your Children - Small Business Ideas for Kids (How to Start a Business for Kids - Business for children - Kids business 101)
365 Manners Kids Should Know: Games, Activities, and Other Fun Ways to Help Children and Teens Learn Etiquette
Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1)
50 Delicious Stuffed Pasta Recipes: Make your own Homemade Pasta with these Ravioli Recipes, Tortellini Recipes, Cannelloni Recipes, and Agnolotti Recipes (Recipe Top 50's Book 101)
Kids Lunch Boxes: 101 Tasty, Fresh, Fun and Healthy School Lunch Box Ideas and Recipes Your Kids Will Love To Eat!
Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making)
Lucky Peach Presents Power Vegetables!: Turbocharged Recipes for Vegetables with Guts
Fermented Vegetables: Creative

Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Learn Russian | Easy Reader | Easy Listener | Parallel Text Audio Course No. 1 (Russian Easy Reader | Easy Learning | Easy Audio) Air Fryer Recipes: The Ultimate Air Fryer Recipes Book for Your WHOLE Family - Includes 101+ Delicious & Healthy Recipes That Are Quick & Easy to Make for Your Air Fryer (Air Fryer Series) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)