

## WHY FRENCH CHILDREN EAT EVERYTHING%0A

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[Do French children eat everything? | BBC Good Food](#)  
The French have decided that teaching healthy eating routines to children is a priority, and they teach children about healthy food in the classroom and the lunchroom. Starting when children enter school at age three, school lunch consists of four courses: a vegetable starter (for example, grated carrot salad, or beet salad), a warm main course served with a side of grains or vegetables.  
[Read French Kids Eat Everything by Karen Le Billon. "FRENCH KIDS EAT EVERYTHING" \(HarperCollins/Morrow 2012\) Buy the book here!](#)  
Humorous as well as instructive, this culinary adventure will change the lives of parents and children alike. -- Patricia Wells, author of *The Provence Cookbook* "It takes a brave couple to move two picky-eater kids to a French small town and convert them to foodie."  
[Motherhood Mondays: French Kids Eat Everything | A Cup of Jo](#)  
French children eat three meals a day, plus a snack (or *go ter* ) at 4pm. Parents choose the menu, and there are no substitutions. Parents choose the menu, and there are no substitutions. 2.  
[10 Eating Rules French Children Know \(But Most Americans ...\)](#)  
How the French eat, age, dress, raise their children and live in general is a real talking point these days. So, as an American mother of three half-French kids, I figured I'd add my two cents to the conversation.  
[French Kids Eat Everything - amazon.com](#)  
French Kids Eat Everything is a wonderfully wry account of how Karen Le Billon was able to alter her children's deep-rooted, decidedly unhealthy North American eating habits while they were all living in France.  
[French Parenting: Why French Children Are So Well-Behaved ...](#)  
There is no cooking of separate meals for adults and children, she writes, as kids are expected to eat the same meal as their parents. Even babies are started on pureed versions of the fruits and  
[Why French kids eat everything - Mumfidential](#)  
Apparently, the French are better at parenting than the British or the Americans. French children don't throw food, are better behaved, know what the limits are, and so on, and so forth.  
[What Does A French School Lunch Look Like? - Fit to Inspire](#)  
There are many theories as to why the French, and French children in particular, do not suffer from weight problems,

[The American Paradox: Spiritual Hunger In An Age Of Plenty - The Star Of Bethlehem And The Magi](#)

obesity, diabetes, and hypertension like their American counterparts. Eating moderate quantities of fresh and freshly prepared food at set times of the day is definitely one of the most convincing reasons why they stay lean. Daily exercise, in the form of three recess periods

**Get Your Kids to Eat Everything, the French Way | Parenting**

You see, my husband's friends, parents, aunts, uncles, cousins and other sundry and assorted relatives all expected our daughters to eat like French children. And French kids eat everything, from fruit salad to foie gras, spinach to stinky blue cheese.

**What French Kids Eat For School Lunch (It Puts Americans ...**

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**Why French children are happy eaters | The Independent**

The French teach children to eat just as they would teach them to read. They also put more thought into expanding their children's palates and teaching them to love new foods (or at least love

**French Kids Eat Everything (And Yours Can, Too): Karen Le ...**

French Kids Eat Everything suggests we need to dramatically rethink both the way we parent, and the way we feed children, at home and at school and all of the tips, resources, and recipes to make it happen.