

Snacks For Children by Nita Mehta

An average household spends a lot of time and effort on the preparation of food – and this includes preparing food for children. Naturally, the primary aim is to fulfil the nutritional needs of growing children – however it is easier said than done! We all know that children have very stubborn likes and dislikes so we need to find ways of making healthy food exciting and appealing. A child will eat most readily when he/she is hungry and wants a snack – so the emphasis of this book is to give you a range of quick, easy and nutritious offerings for that eager spurt of hunger. Everyday the child has to take tiffin to school – how do you introduce variety and appeal? I have devoted one section to this subject. When the child returns from school, hot and thirsty, tired and hungry – choose a hearty snack from the section on evening snacks. And for those special treats – I have given you a lot of sweet options as well. Children have a comfort level with things that match their size. Their food should be in a small portion, in a shape they can relate to. They also like to pick up things with their fingers, and most of all, they like to eat in a hurry, then rush off to play. You yourself have too much to do and you need simple recipes that are clear and easy. Keeping all this in mind, I have given you recipes for known favourites like pasta, pizza and pulao, hidden with healthy secrets. You will also find many innovative new ideas. I have given many examples of small round pancakes; savoury balls; finger foods; mini-rolls; mini-kebabs; plump little patties; tempting tikkis, toasties, tyres and wheels; biscuits, sandwiches and buns. But nowhere have I compromised on taste. In fact I can assure you that grown ups will be as crazy about some of these snacks as children.

About the Author :- Nita Mehta is a home science graduate from Lady Irwin College, Delhi University and a Gold Medalist in M.Sc. (Food & Nutrition). She has authored more than 300 books on various topics including more than 250 best selling cookery books. Her book *Flavours of INDIAN COOKING* won the Best Asian Cookbook Award at the Versailles (Paris) World Cookbook Fair. Three of her other books have also won international awards • *Zero Oil Cookbook*, awarded as Best Health and Nutrition Cookbook • *Chocolate Cookbook*, awarded as Best Chocolate Cookbook • *Cooking for Growing Children*, awarded as Best Cookbook for Children & Families

In a span of a few years, over 3.5 million Nita Mehta cookbooks have been sold. The secret of her success is her thorough & meticulous approach towards her books. Nita Mehta has done cooking programmes for various TV channels and has conducted cooking classes in USA, UK, Canada and several other countries. She also has several cooking institutes under the name of Nita Mehta Culinary Academy in New Delhi (India), where she has trained several thousand aspiring individuals into expert cooks. In addition, she creates recipes for food-related companies around the world.

Nita Mehta, the celebrity cookbook author, has another ace up her sleeve. She has published unique children books under her company - Nita Mehta Publications. Nita Mehta Publication is specialized publishing house producing exquisite children books. Learning is never easy for children. But now you can make learning fun by using these simply written and beautifully illustrated children books by Nita Mehta Publications. These books not only entertain children but also inculcate wisdom and good values in them to help them face day to day challenges of life. For an author bio and photo, reviews and a reading sample, visit <http://www.nitamehta.com> or mail to us at: nitamehta@nitamehta.com & nitamehta@email.com

Healthy After-School Snacks for Kids - Real Simple - YouTube - 5 min - Uploaded by Tasty
Download the new Tasty app: <http://m/mFqUXJtD3E> Reserve the One Top: <http://bit>
15 Healthy After School Snacks Healthy Ideas for Kids 30 Kid Friendly Summer Snacks - Fun and healthy snack ideas for kids! Perfect for summer snacking. Kids Snack Recipes -

Quinoa pizza bites from So Very Blessed would make a healthy snack for kids who crave a cheesy nibble. Unlike most pizza bagels, quinoa is high in protein to 15 Healthy Snacks for Kids (or Adults!) Readers Digest A Round up of over 50 healthy snack ideas for kids. From muffins to wraps and fun fruit and vegetable ideas, there is something for everyone! Snacks for Children - Alberta Health Services - 1 min - Uploaded by ParentsWatch as Parents Magazine shows you how to choose healthy snacks for your kids! While you 5 Easy After School Snacks - YouTube - 3 min - Uploaded by The Happy PearHow to make Healthy Food for a Kids Party! Here are six super tasty recipes for kids - no fuss The 20 Best Snacks for Kids - Parents Magazine 15 Healthy After School Snacks Healthy Ideas for Kids Children should only be allowed two snacks of 100 calories or less a day in a bid to tackle spiralling obesity rates, health officials warned this Choosing Healthy Snacks for Kids - Snack time is a great opportunity to sneak some extra nutrients into your childs diet. Heres a list of kid-friendly snacks that are healthy and 10 Surprisingly Healthy Snacks for Kids : Food Network Family Whether its after school or on the weekends, were always on the lookout at this house for some easy and healthy snacks for kids. How about Indian snacks for Kids Healthy Indian snack - Swasthis Recipes - 3 min - Uploaded by WhatsUpMoms5 healthy, easy snacks for toddler and kids! Leave me your go-to snacks in the comments Healthy Snacks - Snacks Recipes Super Healthy Kids Indian snacks for kids - a collection of over 80 easy & healthy Indian snacks recipes that are great for evening snack or kids snacks box too. 15 Quick and Healthy Bedtime Snacks for Kids ACTIVEkids Some of these snack ideas, kids can make themselves if you have the ingredients ready. Frozen Yogurt Grapes. Crunchy Roasted Chickpeas. Cucumber Sandwiches. Frozen Banana Bites. Homemade Nut Butter and Apples. Homemade Goldfish Crackers. Avocado Boats. Octopus Hummus Snack.