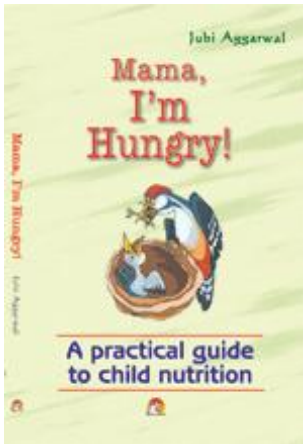




Mama, I`am Hungry!



Author: Juhi Aggarwal
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Mama, I am Hungry! As a young mother, how often you hear these words!

For meal times can be the most challenging time for any mother, and feeding an infant or toddler calls for more than just preparing any ordinary meal. It requires imagination to prepare meals that are both tasty and nutritious. Since the health and growth of your child depend largely on nutritious meals, what, how and when to feed your child are of special significance. The diet of infant also calls for a slow transition from the milk of his mother to a liquid diet, from liquids to semi-solids, from semi-solids to a soft diet, finally culminating in normal family meals. The book outlines this transition with meticulous care. The recipes chosen are wholesome, covering a variety of food in order to develop their taste buds. They are easy to prepare and based on home-made ingredients unlike market food that contains harmful preservatives and additives. Alternatives are given at the end of each recipe. Not only does this book provide guidelines for lifelong healthy food habits of children, developed in their formative years-- it also ensures delicious meals for the child with a growing appetite.

Some Glimpses:

- * Chirwa Milk
- * Grminated Wheat Dalia
- * Cream of Chicken Soup
- * Quick Colourful Uthapam
- * Crunchy Kebabs

About the author:

Juhi Aggarwal, M.Sc (Foods and Nutrition), Gold Medallist from Lady Irwin College, M.Ed, has been contributing articles on food, nutrition and health to prestigious magazines. She has to her credit books on parenting, value education and science. In this book, she has written on her first passion , making mealtimes happy times for the family. Preparing nutritious, lip-smacking yet simple dishes is her forte.

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