



Getting to YUM: The 7 Secrets of Raising Eager Eaters

Karen Le Billon

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From the author of the popular *French Kids Eat Everything*, a simple, easy and surprisingly fun way to change dinnertime reactions from YUCK to YUM.

Are mealtimes with your kids a source of frustration? Ever wonder how on earth to get them to eat the recommended 5 servings of fruits and veggies per day (or even per week)?

Getting to YUM is a practical and engaging guide for parents eager to get past their children's food resistance—or avoid it altogether. It introduces 7 Secrets of Raising Eager Eaters (Secret 1: Teach your child to eat, just like you teach them to read! or Secret 6: Teach me to do it myself: kid participation is every parent's secret weapon).

Karen Le Billon, author of *French Kids Eat Everything*, coaches readers through the process of taste training, including strategies, games and experiments that will encourage even reluctant eaters to branch out. Over 100 delicious, kid-tested, age-appropriate recipes lead families step-by-step through the process of "learning to love new foods," enabling kids to really enjoy the foods we know they should be eating.

Wise and compelling, *Getting to YUM* is grounded in revolutionary new research on the science of taste. Packed full of observations from real-life families, it provides everything parents need to transform their children—from babies to toddlers to teens—into good eaters for life.

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