



Eat Up: Food for Children of All Ages

Mark Hix

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Mark Hix, much praised executive chef of The Ivy, Le Caprice and J Sheeky, brings all his experience to help parents create that rare phenomenon - the child who will happily eat food which is not camouflaged by a crispy coating. He believes children should be introduced to a variety of foods and natural flavours at an early age, getting away from the culture of separate meals for children as soon as possible. "Eat Up" is his solution: a range of simple and delicious nursery food recipes that can be easily adapted to make dishes adults can enjoy too. Hix discusses his experiences with his own children and how he encourages them to explore food. He has also invited a few other chefs to reveal innovative ways to feed kids, such as the chef who has invented a tomatoless tomato ketchup to overcome his daughter's allergy. Hix also delves into the reasons why adults are obsessed with comfort food. Mouthwatering recipes, practical tps, and beautiful photographs of children having fun with food make "Eat Up" a must for anyone fed up with fish fingers.

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