



# The Lost Art of Feeding Kids: What Italy Taught Me about Why Children Need Real Food

*Jeannie Marshall*

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**A lively story of raising a child to enjoy real food in a processed world, and the importance of maintaining healthy food cultures**

In Italy, children traditionally sat at the table with the adults eating everything from anchovies to artichokes. Their appreciation of seasonal, regional foods influenced their food choices and this passing down of traditions turned Italy into a world culinary capital. But now, parents worldwide are facing the same problems as American families with the aggressive marketing of processed foods and the prevalence of junk food wherever children gather. While struggling to raise her child, Nico, on a natural, healthy, traditional Italian diet, Jeannie Marshall, a Canadian who lives in Rome, sets out to discover how such a time-tested food culture could change in such a short time. At once an exploration of the U.S. food industry's global reach and a story of finding the best way to feed her child, *The Lost Art of Feeding Kids* will appeal to parents, food policy experts, and fans of great food writing alike.

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