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How to Eat Like a Child " And Other Lessons in Not Being a Grown-up is an original musical comedy television special that aired on NBC on September 22, 1981. Based on Delia Ephron 's best-selling book of the same name, and adapted for television by Judith Kahan with music and lyrics by John Forster , the one-hour special, through a series of comedy skits and songs, lampoons the adult world through the eyes of children.

## **How to Eat Like a Child - Wikipedia**

Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products • Eat a mix of foods . within each food group. For example, each week try eating several types of vegetables, including dark green, red and orange, starchy ones, legumes, and others.

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Fill the largest section with non-starchy vegetables, like salad, green beans, broccoli, cauliflower, cabbage, and carrots. In one of the smaller sections, put a grain or starchy food such as bread, noodles, rice, corn or potatoes. In the other smaller section, put your protein, like fish, chicken, lean beef, tofu, or cooked dried beans.

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"How To Eat Like A Child" is designed for a cast of typical school kids aged 5-15. It works especially well  
when the group includes a spectrum of ages. For instance, "I Feel Sick" features three sisters - big, medium,  
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### **How to Eat Like a Child | Samuel French**

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### **How to Eat Like a Child: And Other Lessons in Not Being a**

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