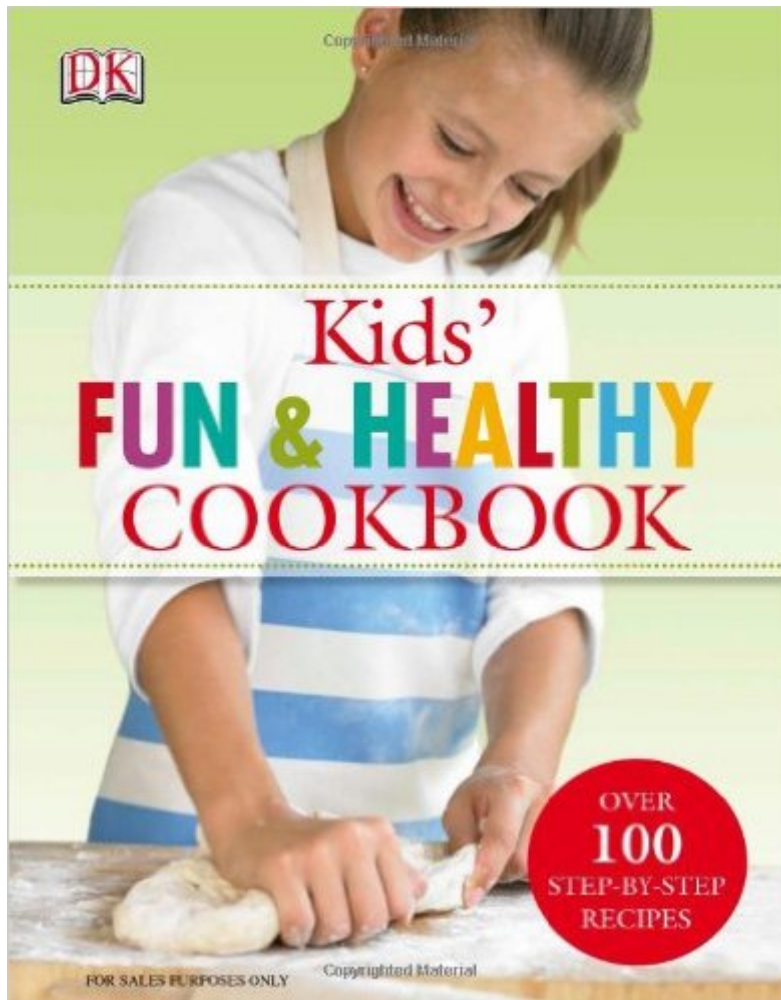


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# Kids' Fun And Healthy Cookbook



## Synopsis

Now in paperback - the cookbook that puts the fun back into healthy eating! This lively collection of recipes encourages kids to consider what they eat and how it affects their bodies. From yummy breakfasts to delicious desserts, this tasty book is filled with dozens of yummy recipes as well as fun facts and information about nutrition and healthy cooking techniques.

## Book Information

Hardcover: 128 pages

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Product Dimensions: 8.9 x 0.6 x 11.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (165 customer reviews)

Best Sellers Rank: #13,151 in Books (See Top 100 in Books) #17 in Books > Children's Books > Children's Cookbooks #1182 in Books > Children's Books > Literature & Fiction

Age Range: 7 - 10 years

Grade Level: 2 - 5

## Customer Reviews

This book is beautifully done, exciting to page through and has large, seemingly easy to follow steps. My daughter loves helping in the kitchen and immediately upon receiving this she wanted to try and make a whole bunch of things. Our first recipe was the mini fruit pies. However, that's where things went a bit askew: right away I noticed the recipe called for two apples. It never mentions peeling or chopping the apples for the pies anywhere. To follow the directions exactly would be to have two whole apples thrown into a bowl with the rest of the filling... Obviously we could deduce they ought to be chopped, but for a kids book that is supposed to be all about learning to follow directions, it seems glaringly obvious that this was not specified anywhere. Next we noticed that the ingredients list calls for two tbs of sugar for the crust, but in the instructions you are told to add in "1/3 of a cup of the sugar". I had to guess at which amount was correct. Likewise, the step for mixing the filling asks you to combine the fruit, sugar and almonds together in a bowl, and then two steps later tells you to sprinkle the almonds that you previously mixed with the fruit filling onto the top of the crust before adding the filling. Nowhere are you told to reserve extra almonds, or how

much. Lots of weird inconsistencies like this made the short, simple recipe very confusing. Luckily, I bake a lot, so we ended up with a lovely set of little pies that were delicious, but this book needs some more careful editing. A cookbook for children should not have steps and ingredient amounts contradicting each other in a recipe that only has 4 or 5 steps to it. We'll keep going and see how the rest of these turn out!

I bought this book for my 3 yr old son, who loves to cook, for Christmas. Although I must help him with some steps, it is age appropriate for all levels of children. He is able to help me do something in each recipe. However, the thing I'm most excited about is that this is truly a healthy cookbook with recipes kids love. Our family has been trying to eat high-fiber 'clean' meals whenever possible and this cookbook totally supports that! Nowadays so many books consider typical cheese pizza to be healthy because they claim kids get their vegetables in the tomato sauce, nevermind the refined flour & incredible amount of fat in the cheese -- it's so hard to find a book that is truly healthy without phony 'healthy' ingredients/recipes. I love this book! She uses whole wheat flour, plain yogurt, honey, oats, nuts, etc -- all the ingredients used in clean eating. As a bonus, it includes healthy tips for kids who are older & can read. My only complaint would be that it does not include nutrition info for each recipe. Other than that, awesome book!

My six year old loves to cook, and loves to cook "real" food. It is hard to find a kids cook book that isn't all snacks and sandwiches. He loved this cookbook. The step by step pictures make it very easy to understand and the food is something the whole family will love to eat!

While there is some merit to this book, it does give out some blatantly bad advice, perhaps the worst of which is that rice, potatoes or pasta should form the main part of the meal. It also recommends omega-6 oils and generally rides on the low-fat train that has been a wreck for public health.

This cookbook has lots of pictures and very descriptive. The first few pages discuss the basics of nutrition. One the of the more healthier choices when it comes to cookbooks. Some of the recipes call for ingredients and cookware that not everyday people have or purchase.

This book gets kids into real food and teaches them how to use them appropriately and make food attractive and tasty. No silly recipes with ingredients like "one package of pudding mix" etc. Beautifully done with full color photos to clarify all steps and references completely. Despite the fact

that the author lives in England, it is published here in the USA. She has included a couple of recipes that definitely seem more British like "Fruit Bread Pudding" but otherwise the recipe selection is very universal.

My wife loves this cookbook -- with one caveat: In the interest of simplicity, it seems that some of the recipes have almost been OVERSIMPLIFIED, and some important steps have been skipped. Simple example: a frittata recipe says something like, "Mix cooked potatoes with . . ." without saying how the potatoes should be cooked. Makes sense to boil them, of course, but why not say that? That minor complaint aside, this is great -- quick, easy, tasty recipes with simple, healthy ingredients. Definitely recommend.

I love this book. Packed with healthy kid (and adult) friendly recipes. Good way to introduce cooking experiences to children. Teaching children to make healthy choices is a good way to prevent obesity. This certainly has become a favorite of mine. Worth every penny.

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