

Kids Fun And Healthy Cookbook

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This cookbook is a lively collection of recipes for kids that encourages healthy eating and asks kids to consider what they eat and how it affects their bodies. Featuring everything from pizzas and burgers to tofu kebabs and seafood salads, each dish in Kids' Fun and Healthy Cookbook has been developed by an award-winning food writer to both nourish the body and tempt the taste buds. Step-by-step photographs help junior chefs through each recipe, and food fact sections highlight specific ...

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Graimes, Nicola. Kid's Fun and Healthy Cookbook (2007). I first purchased this book when my toddler was starting to eat solid foods and I was looking for recipes that would be healthy and appeal to children. Once I received this book I saw how kid friendly it was and how informative it is as well.

Kids' Fun and Healthy Cookbook by Nicola Graimes

5 yrs. - 10 yrs. / Kindergarten - 5th gr. Description. Kids learn that the food they eat can be tasty and nutritious! Great for use with The Amazing Chef Cooking Set, our cookbook features over 100 step-by-step recipes that encourage kids to eat healthy and explore science in the kitchen. Plus, our book is packed with extras—like an introduction to the major food groups, tips for safe cooking and more!

Kids' Fun & Healthy Cookbook at Lakeshore Learning

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