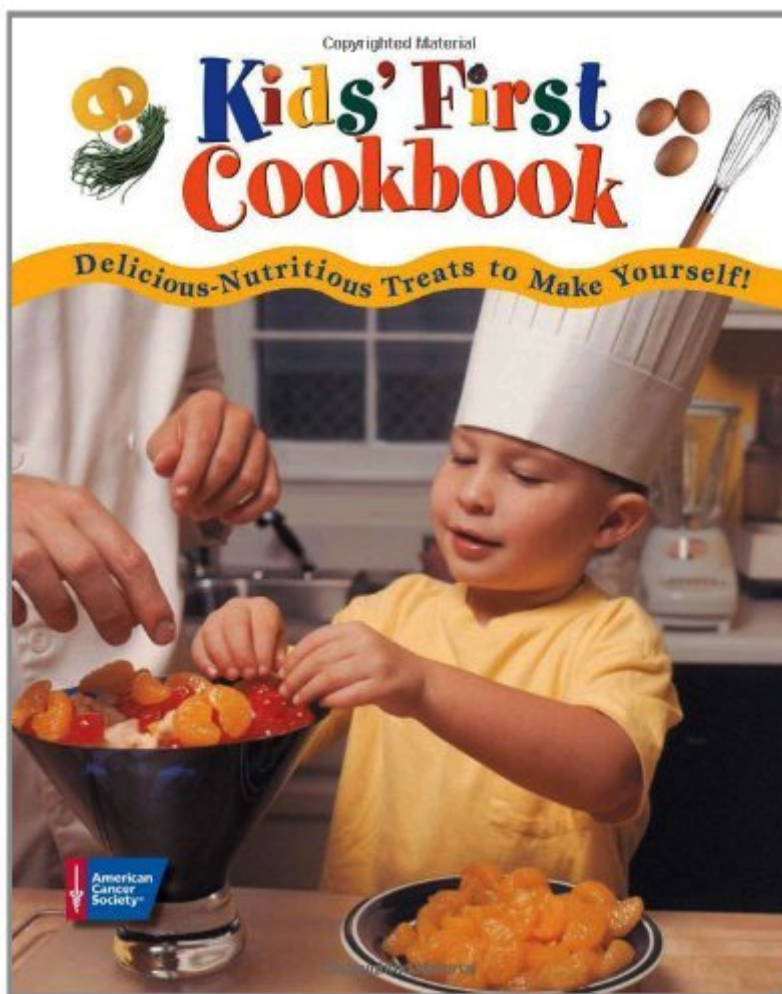


The book was found

Kids' First Cookbook: Delicious-Nutritious Treats To Make Yourself!



Synopsis

Inside this beautifully illustrated cookbook are activities, colorful recipes, and cooking tips that helps turn meal preparation into exciting family fun. From the simplest snacks and drinks to masterful meals, kids create their own masterpieces using step-by-step illustrations and learn to make healthy and wholesome food choices that will benefit them for a lifetime. In addition to the 53 recipes that list the number of servings, calories, and fat grams in each meal, the book includes instructions on how to read a food label, kitchen safety, and a guide to the food pyramid.

Book Information

File Size: 5187 KB

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Customer Reviews

I was looking for a simple cookbook for a four year old. Simple recipes that he could do under supervision and this fit the package. Pictures and simple language that he could understand. His parents were thrilled with the book and they too agreed that it was written for the younger child. Most of the other books I reviewed were written for older children that could read and had a little more dexterity.

Purchased this for my friends son who is six years old and loves helping his Mom cook, This book is

great for young children very easy to follow instructions and has many healthy recipes to choose from including healthy snacks.

Its a kids cookbook, I was expecting more 'fun' pictures, or pictures to show off the food that will the child will be preparing. My grand daughter looked at the book like it was for an adult and was totally uninterested in it. Recipes were okay, honestly, I was just disappointed. Would not have bought if I had seen it in a store and looked through it.

Kids First Cookbook: delicious nutritious treats to make yourself by Am. Cancer Society This audio tape is amazing. so many different ideas to try to get the child that doesn't have much to choose from, to eat. drinks, meals and snacks and activities. Not only recipes-not all are real nutritious, but fun activities also. Tips and other suggestions are included. Calories and fat grams are included for each recipe. Love substitutions for butters and what temperature to bake things at so recipe won't fail. I received this book from National Library Service for my BARD (Braille Audio Reading Device).

My little boy loves to cook so I thought this would be a good cookbook to start with. He enjoys looking through here and finding something to cook. Most of the recipes are easy enough for him to walk through on his own with me supervising instead of doing most of the work. Great purchase!

Bought this for my 6 year old grandson he loves to cook along with a chefs hat. He is enjoying the reading as well as the cooking. Great guidelines on food.

This is kind of an outdated book. Everything is low fat and now we know that's not really what's healthy. Concept is good but we won't use it. The shipping charges to send it back wasn't worth it so we just tossed it.

My kids loving making the recipes. Cooking together was fun and helped instill a love of cooking for the whole family. I think this will carry over in the boys and girls.

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