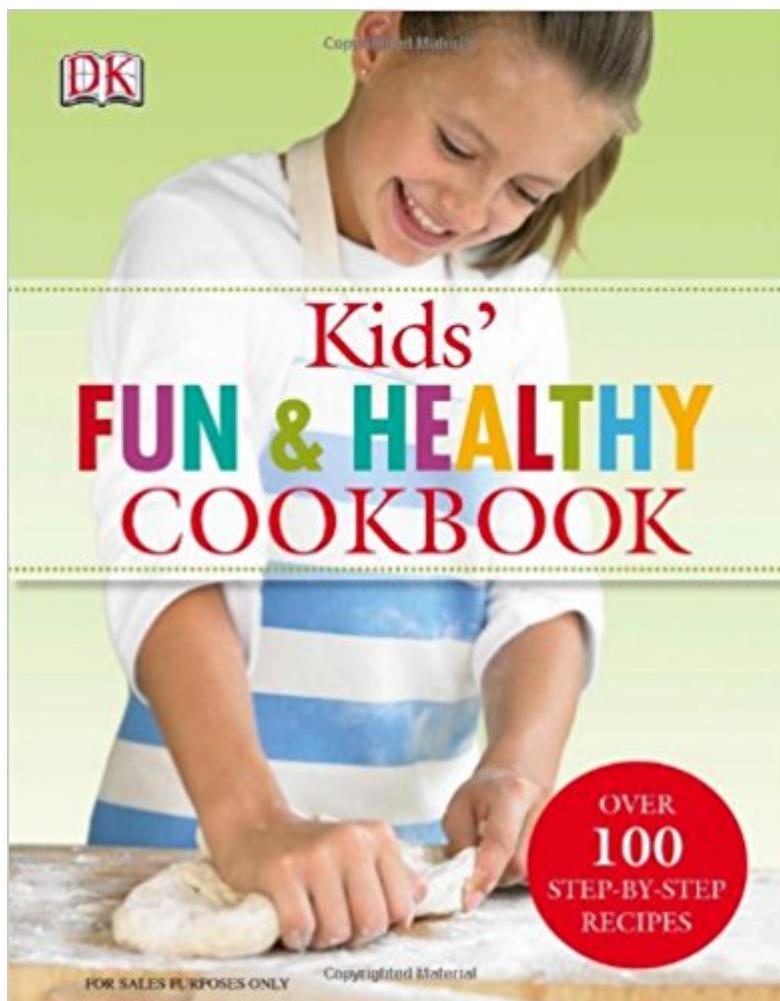


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# Kids' Fun And Healthy Cookbook



## **Synopsis**

This cookbook is a lively collection of more than 100 step-by-step recipes for kids that puts the fun back into healthy eating, and encourages 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 ingredients and detail what makes them beneficial. Think healthy food can't be fun? Think again! With Kids' Fun and Healthy Cookbook, food can be tasty and nutritious.

## **Book Information**

Hardcover: 128 pages

Publisher: DK Children (June 4, 2007)

Language: English

ISBN-10: 0756629160

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Product Dimensions: 8.9 x 0.6 x 11.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 181 customer reviews

Best Sellers Rank: #42,523 in Books (See Top 100 in Books) #37 in Books > Children's Books > Children's Cookbooks #2668 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!

Was looking for fun cookbooks for my kids with healthy and kid friendly recipes. The book is ok but I was not overly impressed with it. It has just sat on our bookshelf and not really used at all. Would not have bought this if I had seen it first.

I was hoping for more recipes that we would be able to make with things we typically have at home. Unfortunately, that's not the case. While there are recipes that looked appealing to my child, the majority of recipes were not anything that she was interested in or sounded good to her (or me, for that matter). Not a bad place to start with a kid's cookbook, but I think I might just use the web to find more recipes for her to prepare.

I bought this for my 8 year old son who has recently learned he loves to cook. There is a wide variety of food so there is something for everyone. The instructions are easy to follow and great pictures.

I am so happy with this cook book. They are great recipes and really healthy. Homemade sauces and even homemade pesto, really good. I was nervous at first that my daughter (5yrs.) wouldn't like the "healthy" recipes but I let her go through it and put a little post it on the recipes she wanted to try. And more than half the recipes were tagged. Even the lamb kebabs and pesto pasta with broccoli. And though she didn't like every recipe we made she is trying/tasting more food because SHE chose it.

Book look very nice, nice colours and pictures, but very bad advice on nutrition and nutrients, bad recipes. To much sugar and junk ingredients. I founded only 2 to 3 good recipe. Make a better

choice!

My granddaughter loved it. She is 9 years old and with a minimum of help was able to follow the directions.

I bought this for my youngest granddaughter's birthday because she's shown a strong interest in cooking and baking. I was very impressed with the simplicity of most of the recipes, as well as the fact that the recipes are pretty healthy options. My daughter, her mother, says they're having a lot of fun with it (and "Betty Crocker Kids Cook!" another 'kids' cookbook I gifted at the same time), and they all enjoy the food. It's marketed to children, but, she says the food's really good.

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