



Cooking Fun For Children

Follow these FOOD SAFETY RULES to make sure you are safe when cooking in the kitchen:

Good cooks of all ages always wash their hands before touching or cooking any food.

Good children cooks always have an adult present to assist and train them how to use the right kitchen tools safely.

Spills are likely to happen, and it is good to ask an adult how to clean them up properly.

It is good to focus on one job at a time, and ask for help if you need it.

It is best to wait until a dish is finished or fully cooked before tasting it to make sure you don't get sick from eating undercooked meat or eggs.

Good cooks always clean up their messes.

The BEST COOKBOOKS FOR CHILDREN have tasty and fun recipes that support healthy eating habits. Below is a list of some that are likely to be available at your local public library.

- § Pretend Soup and Other Real Recipes: a cookbook for preschool & up by Mollie Katzen and Ann Henderson
- § Salad People and More Real Recipes: a new cookbook for preschool & up by Mollie Katzen
- § Honest Pretzel: and 64 other amazing recipes for cooks ages 8 & up by Mollie Katzen
- § Kids in the kitchen : 100 delicious, fun & healthy recipes to cook & bake by Micah Pulleyn & Sarah Bracken
- § Mom and Me Cookbook – Have fun in the Kitchen! by Annabell Karmel
- § The Jumbo Vegetarian Cookbook by Judi Gillies and Jennifer Glossop
- § The Pizza That We Made by Joan Holub
- § The Young Chef's Chinese Cookbook by Frances Lee
- § The Young Chef's French Cookbook by Rosalba Gioffre
- § The Young Chef's Italian Cookbook by Rosalba Gioffre
- § The Young Chef's Mexican Cookbook by Karen Ward

These FUN WEBSITES have healthy recipes and ideas for young cooks:

www.cookalotamus.com

www.kidsinthekitchen.ajli.org

www.spatulatta.com

www.i-farms.com/kidrecipes.html

