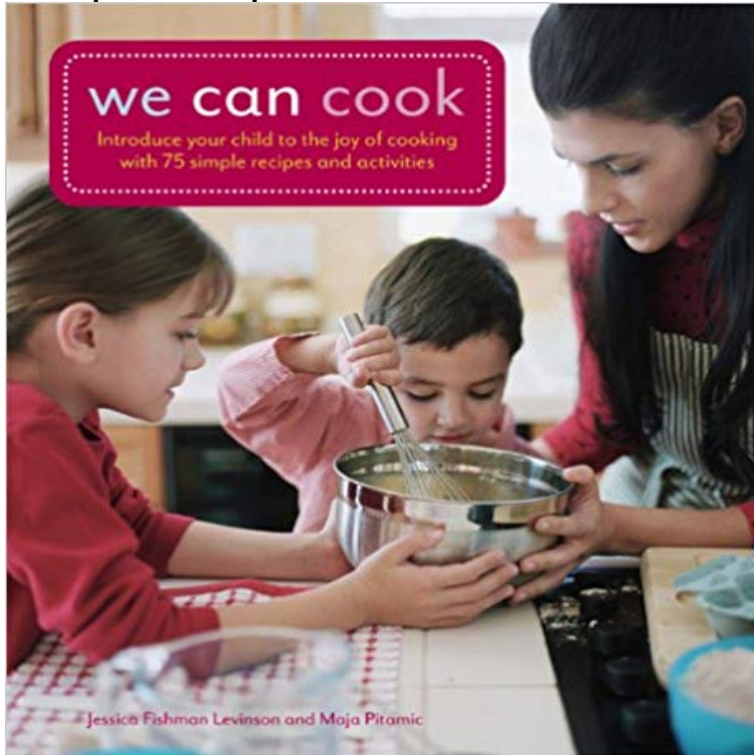


We Can Cook: Introduce Your Child to the Joy of Cooking with 75 Simple Recipes and Activities



There are few better places where parents and kids can spend quality time together than in the kitchen. This book celebrates those happy hours, as it brings alive a typical family kitchen's wonderful cooking aromas and medley of tastes. It presents dozens of easy recipes for wholesome foods that even very young children can prepare when guided by parents' supervision. Starting with healthful, nutritious ingredients, the authors show how to prepare foods that kids find irresistible--and that includes boys and girls who are fussy eaters. Six separate chapters focus on specific food groups: Fruit * Vegetables * Dairy and Eggs * Bread, Pasta, and Grains * Meat, Chicken, and Fish * Healthy Treats. As children and parents prepare good things to eat, the kids also discover how to test fruits for ripeness, test eggs for freshness, create a grocery list, measure liquid and dry ingredients, learn what makes cakes rise, and much more. Meanwhile, they'll be making and enjoying healthy and wholesome baked blueberry French toast, veggie fried rice, pizza, mango lassi ice pops, edamame salad, tofu stir-fry, turkey and cheese roll-ups, cheesy egg muffins, peanut butter blondies, and many more appealing foods. This book's cooking activities are recommended for parents whose kids range from ages 3 to 6. Color photos and illustrations on most pages.

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