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Kids In The Kitchen: More Than 50 Fun And Easy Recipes To Suit Your Child's Age And Ability



Synopsis

Let your kids make their own food with 50 fun recipes that will not only encourage future healthy eating habits but also develop motor skills, cognitive development and self-confidence plus you won't have to cook! Children's reading books, toys and games are often targeted at specific age groups, and this new book by "one of the UK's leading children's food educators", Amanda Grant teaches core cooking skills designed for children aged 3-5 years, 5-7 years, and 7-11 years. Each skill is presented at the stage when a child's development, self-confidence, and independence are ready. With plenty of step-by-step photographs for children to follow and easy, tasty, and fun recipes that they will love to learn, this is an invaluable book for parents to help teach their kids practical kitchen skills that will remain useful throughout life. As well as explaining hygiene and kitchen safety, there are more than 50 recipes specially suited to particular age groups.

Book Information

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Customer Reviews

Amanda Grant's passion is encouraging as many children as possible to be excited about food, to enjoy cooking and to help families eat well. She has worked as food editor for a variety of food magazines and has written for many British newspapers and magazines, including The Guardian and Delicious. Amanda is the author of several successful cookbooks, including Healthy Lunchboxes for Kids. Two of her cookbooks were listed in BBC Good Food's Top 5 Children's Cookbooks, one of which was the previous edition of Kids in the Kitchen (originally published as Cook School). To keep up to date with Amanda's latest projects, take a look at www.amandagrants.com

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