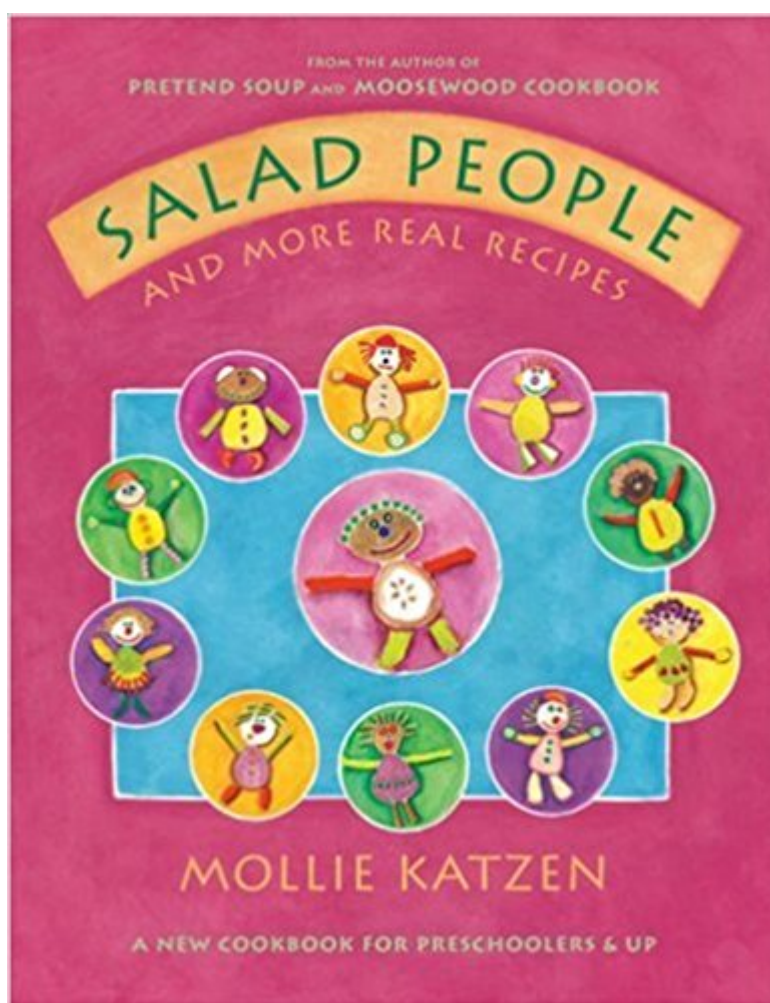


The book was found

Salad People And More Real Recipes: A New Cookbook For Preschoolers And Up



Synopsis

A kids' cookbook with easy recipes for healthy, wholesome, and fun dishes to inspire cooking adventures, kitchen confidence, and food appreciation. In this sequel to her classic *Pretend Soup*—considered by many to be the gold standard of children's cookbooks—award-winning author/illustrator Mollie Katzen works her magic with 20 new, child-tested recipes including such delicacies as Counting Soup, Chewy Energy Circles, and Polka Dot Rice. Each illustrated recipe offers the child chef the opportunity to count, measure, mix, assemble, and most important, have fun. Designed as do-together projects with the child as chef and the adult as assistant—these kitchen adventures will give children confidence in their cooking skills and inspire a life-long healthy relationship with food. With *Salad People* and a little time in the kitchen, budding chefs will cheer: “I like it because I made it myself!”

Book Information

Hardcover: 96 pages

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Best Sellers Rank: #250,141 in Books (See Top 100 in Books) #71 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #80 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #169 in Books > Children's Books > Children's Cookbooks

Age Range: 3 - 7 years

Grade Level: Preschool - 2

Customer Reviews

Starred Review. PreSchool-Grade 3 In this charming offering, Katzen follows the format and emphases of *Pretend Soup and Other Real Recipes* (Tricycle, 1994) to present 20 new kid-tested concoctions. Not a hot dog, tub of frosting, or package of Kool-Aid is to be found among these dishes; this is real food, the nutritious and delicious kind—low fat, low sugar, and meatless. The first recipe encourages kids to be creative and make their own miniature Salad

People out of cheese, fruit, vegetables, and pasta. Tiny Tacos are tortilla chip sandwiches of refried beans, guacamole, salsa, and grated cheese. Focaccia starts with store-bought pizza dough that is painted with olive oil, sprinkled with rosemary, and baked. Chewy Energy Circles are a nutritious alternative to expensive power bars. Each tasty treat is presented in an easy-to-use, three-part format. First, an introductory section for grown-ups describes the end product and outlines tips to help children achieve success. Next, ingredients and directions are provided. Finally, a colorful spread combines simple language with clear illustrations to clarify each step. Safety tips and an essay discussing the benefits of this activity for children are included. Throughout, the writing is clear and encouraging, empowering novice chefs to discover new skills and tastes as they explore this rewarding endeavor. A winner!

—âœJoyce Adams Burner, Hillcrest Library, Prairie Village, KS
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Starred Review PreS-Gr. 2, with parental guidance. What's the best way to encourage kids to eat healthy food? Give them "the opportunity to prepare it with their own hands," says Katzen, whose many cookbooks include the original Moosewood titles. As in *Pretend Soup* (1994), her previous cookbook "for preschoolers and up," Katzen offers a range of vegetarian, kid-friendly recipes in an artistic, innovative format. Each recipe receives two spreads. The first contains detailed, step-by-step instructions for adults; the second, directed to children, illustrates stages of preparation in a series of clear, boxed drawings. Katzen's whimsical color pictures of dancing produce and animals decorate the pages, and many readers may find that recipes such as Chewy Energy Circles will become family staples. All recipes in the book have been "preschool tested," and Katzen gives parents plenty of tips on preparing a safe, nurturing cooking space for kids and communicating concepts such as "washing your hands with flour" before handling sticky dough. These detailed, practical, and inspired ideas may extend far beyond the kitchen, helping adults approach parenting in new ways and helping kids develop a lifelong interest and confidence in healthy food. For food-related picture books, see the Read-alikes "Kids in the Kitchen" in the October 15 issue. Gillian Engberg

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I love this book, as well as *Pretend Soup*. My 3.5 year old daughter and 1.5 year old son come together and harmoniously, enthusiastically work together to pour and place ingredients. They love smelling things and identifying what different foods are. My daughter will sit at her little table for 15 minutes at a time just looking at all the recipes, trying to name which foods are in the pictures and then asking if we can make that particular concoction. It has brought a lot of joy into our home. I feel

great about the type of foods they're eating (and yes, they are much more likely to eat their salads when they make the food themselves). And best thing is that my kids aren't bored, they're not asking to watch TV. It really brings us together. And I'm learning a lot too.

I bought this book for my almost 5 year-old son. He loves it! He frequently looks through it to find new recipes to try. He likes that he can follow the pictures and figure out what to do without me telling him what to do. The things I like... There are unique recipes that I wouldn't think of like almond-miso dipping sauce and the honey-mango lassi, which is a favorite. Also, the book is very easy to adapt for children of all ages. For a younger child you can do the measuring and just have them pour and press buttons on blenders, etc. I have found that my son can do a lot more than I've allowed him to do. I've always micro-managed him in the past, but now I let him do the measuring and figuring out the next step. Using this cookbook with him has been really fun for me. I tend to not be very patient and kind of controlling in the kitchen, but I've really tried to just have fun when we cook together now. I've learned a lot of tips from this book that has helped me with that. I've been telling all my friends with kids about this book. I think it's really great, and I'm excited about trying Mollie's other cookbooks!

My kids enjoyed this as preschoolers, even before they could read. The recipes are explained using simple words and clear pictures, so kids can figure out what to do themselves. These are also very tasty recipes. We still use some of them even though my children are now using regular cookbooks and recipes off the internet.

These are some really simple recipes that I think most children will enjoy. They are broken down in to small steps with a blurb underneath. Not only will kids be making artistic culinary statements, they can also learn to associate words and pictures.

My kids have asked if they can always be the ones to make meals. They have marked which recipes in here they want to make--most of them. Tonight my son made some amazing pink lemonade using a recipe in this book. Each recipe has a two-page spread and a drawing to illustrate each step. No offense to men on my title there--my husband does fine in the kitchen, but he refuses to use cookbooks. He himself declared that this is the sort of cookbook he needs, with the pictures and all. So it's a cookbook for kids and husbands.

I have four granddaughters under the age of seven. I read an article on line about cooking with kids and this book was mentioned as a good one. I agree. The first day the book was in our home my youngest granddaughter (age 3 and quite the kitchen helper) picked out several recipes to try. I love the way the book is set up - words for adults and pictures for the non readers. I purchased Pretend Soup at the same time and both are wonderful!!!!!!!!!!!!

Whoever knew that veggies could be so much fun!!! Salad People is a delightful, engaging and healthy approach to getting your kids to enjoy "good for you" food! Salad People is my 6 year old granddaughter's favorite go to book for fun and food, and has become this Grandma's favorite book to give at birthdays, holidays and "just because ..."

I love this book !! I will use it in my Montessori School cooking class and I wish I could find more cookbooks like this one with more everyday recipes that are simple. It would be nice if the book came in a index recipe style so I wouldn't have to make my own copies.

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