

One way to help children become enthusiastic (and very helpful) cooks is to have them create their own personal cookbook. Buy a simple spiral binder and fill it with recipes (from relatives, friends, or the Web) that your family has taste-tested and enjoyed. Encourage kids to be creative and to adapt recipes to their own tastes. Here are a few recommended Web sites and cookbooks to get things cookin'. Some of these resources have more of an emphasis on nutrition than others, but there are lots of options for all ages and levels of cooking experience.

WEB SITES:

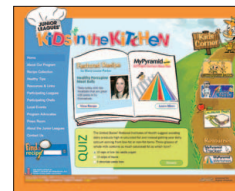
Beef Recipes from Family Mealtime Kit www.school-wellness.org
Eight family-tested, kid-approved beef recipes, plus lots of help for family mealtimes
Additional beef recipes available at: www.beefitswhatsfordinner.com

Fruits and Veggies More Matter™ www.fruitsandveggiesmatter.gov
At the new and improved 5-A-Day Web site, search recipes by produce item and category

Junior League's Kids in the Kitchen <http://kidsinthekitchen.ajli.org>
Site includes a searchable recipe database and some links to nutrition and fitness tips

Rachel Ray's Yum-O Organization www.yum-o.org
Recipe database is searchable by age of children and by category of recipe

Meals Matter™ (from Dairy Council of California) www.mealsmatter.org
Go to: SEARCH RECIPES and click on *Kid-Friendly* and *Kids Can Help Make It*



COOKBOOKS:

Betty Crocker's Easy Slow Cooker Dinners: Delicious Dinners the Whole Family Will Love
By Betty Crocker Editors, Wiley Press (2001), ISBN: 9780764565311

Cooking Rocks! Rachael Ray 30-Minute Meals for Kids
By Rachael Ray, Lake Isle Press (2004), ISBN: 1891105159

Kids' Fun and Healthy Cookbook
By Nicola Grimes, DK CHILDREN (2007), ISBN: 0756629160

Kitchen for Kids: 100 Amazing Recipes Your Children Can Really Make
By Jennifer Low, Whitecap Books (2004), ISBN: 1552854558

Salad People and More Real Recipes: A New Cookbook for Preschoolers & Up
By Mollie Katzen, Tricycle Press (2005), ISBN: 1582461414

The Good Housekeeping Illustrated Children's Cookbook
By Marianne Zanzarella, Hearst Illustrated edition (2002), ISBN: 1588161935

The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids
By Joan D'Amico and Karen Eich Drummond, Jossey-Bass (1998), ISBN: 0471188883

