



## HOPE's Recommended Cookbooks for Children

### [American Heart Association Kids' Cookbook: All Recipes Made by Real Kids in Real Kitchens!](#)

By American Heart Association

Age: 6-12 years

Contains colorful illustrations and contains quick and easy heart-healthy recipes that kids will enjoy.

### [New Junior Cookbook \(Better Homes & Gardens Test Kitchen\)](#)

By Jennifer Dorland Darling

Age: 9-12 years

Makes cooking fun, delicious, and adventurous. Every recipe has been kid-tested, so junior chefs can tackle each of them with confidence.

### [Cook and Learn: Pictorial Single Portion Recipes : A Child's Cook Book \(Book and Teacher's Guide\)](#)

By Thelma Harms

Age: 4-8 years

A child's cookbook of single-portion recipes from a variety of cultures.

### [Cup Cooking: Individual Child-Portion Picture Recipes](#)

By Barbara Johnson Foote

Age: 3 and up

The simple recipes in this book are ideal for young children. Every child can be a chef.

### [Dinner from Dirt: Ten Meals Kids Can Grow and Cook \(Gibbs Smith Junior Book\)](#)

By Emily Scott and Catherine Duffy

Age: 7-12 years

This cookbook allows kids to prepare and eat foods they have grown in their garden. Kids can make a pizza garden, a spaghetti garden, a soup garden, and desserts such as sugar 'n spice pumpkin bars and pumpkin chocolate chip cookies.

### [The Fannie Farmer Junior Cookbook](#)

By Joan Scobey

Age: 9-12 years

This book discusses cooking techniques and presents recipes for soups, breads, meat and fish dishes, vegetables, pasta and grains, salads, and desserts. Aspiring cooks are given tips on how to cook good food for the entire family.

### [A Good Soup Attracts Chairs: A First African Cookbook for American Kids](#)

By Fran Osseo-Asare

Age: 9-12 years

Presents over 35 easy-to-follow recipes from the kitchens of West Africa and Ghana and instructions on how to throw an African party.

[The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids](#)

By Joan D'Amico & Karen Drummond

Age:9-12 years

Over 50 fun activities and delicious recipes for kids. Filled with lots of hands-on lessons about the important roles that diet and exercise play in the development of our bodies. All activities are kid tested and require only common ingredients and kitchen utensils.

[Healthy Snacks for Kids \(Nitty Gritty Cookbooks\) \(Nitty Gritty Cookbooks\)](#)

By Penny Warner

Age:6-10 years

This snack cookbook is designed to provide creative ways to get children to eat healthful foods.

[The Healthy Start Kids' Cookbook: Fun and Healthful Recipes That Kids Can Make Themselves](#)

By Sandra Nissenberg, R.D.

Age: 6-10 years

Fun and healthy recipes that kids can make themselves. Shows 6-10 year olds that making nutritious food can be just as much fun as eating it. This illustrated cookbook contains 90 fun kid-tested recipes, including painted pancakes, fruit kabobs, oven baked chicken nuggets, and gingerbread muffins.

[Hey Kids! You're Cookin' Now! A Global Awareness Cooking Adventure](#)

By Dianne Pratt

Age:9-12 years

This children's cookbook contains 80 healthy recipes with nutritional analyses, 100 full-color illustrations, 25 craft and ecology experiments, kitchen safety and cooking preparation, a culinary glossary, and a measurement conversion table.

[Holidays of the World Cookbook for Students \(Cookbooks for Students\)](#)

By Lois Sinaiko Webb

Age: 8-12 years

This book features a collection of 388 recipes from more than 136 countries. Also described are the local holidays, customs and foods that are part of the holiday traditions in each country.

[Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 & Up](#)

By Mollie Katzen

Age:8-12 years

This book contains many fun and easy recipes for school-age children, but will also give the cook reading and math practice. Safety tips are included.

### [Just for Kids: A Cookbook](#)

By Jen Bays Avis and Kathy F. Ward

Age: 6-10 years

This cookbook is for everyone with children, or for the "kid at heart." The recipes are fast and easy, designed to involve children in the cooking process, and encourage good nutrition habits.

### [A Kid's Cookbook: Educational and Edible Delights](#)

By Carol Kurzweg

Age: 9-12 years

Over 52 educational and edible delights to introduce children to cooking. Includes recipes for making bunny bread, rocket salad, caterpillars, vegetable bouquet, picnic chicken, etc. Also includes tips for healthy eating and cultural facts.

### [The Mother Goose Cookbook: Rhymes and Recipes for the Very Young](#)

By Marianna Mayer

Age: 4-8 years

Now parents and children together can join friends from their favorite nursery rhymes for breakfast, lunch, dessert, and snacks. The recipes will introduce young chefs to the delights of reading, cooking, and eating-with a little help from Mother Goose.

### [My Measuring Cup](#)

By Joanne Barkan and Jody Wheeler

Age: 2 and up

Illustrates the different types of measuring utensils and how they are used in cooking.

### [Pancakes, Pancakes! \(Stories to Go!\)](#)

By Eric Carle

Age: Baby-Preschool

A step by step description of making pancakes and all the ingredients.

### [Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers & Up](#)

By Mollie Katzen

Age: 3-8 years

Contains classroom and home tested recipes that children between the ages of 3-8 can prepare with adult supervision. Designed to inspire an early appreciation for creative, wholesome food. Helps children gain counting skills, reading skills, science awareness, self-confidence, patience, and food literacy.

### [Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less From Three Leading Child Nutrition Experts](#)

By Sandra Nissenberg, R.D., Margaret Bogle, R.D., and Audrey Wright, R.D.

Age: 7-12 years

This cookbook contains over 140 tasty, healthy, and easy recipes that kids and parents can make in no time. It also includes suggestions for snacks and lunchboxes, information on the food guide pyramid, and timesaving ideas for the kitchen.

[Storybook Stew: Cooking With Books Kids Love](#)

By Suzanne Barchers and Peter Rauén

Age: 5 and up

Each recipe in this book is accompanied by a featured book and a suggested activity. For example, you can read about The Story of Johnny Appleseed, make Johnny's Apple Butter, and create your own apple prints.

**For more information about the Harris Obesity Prevention Effort (HOPE),  
please visit our website at [www.hopenyu.org](http://www.hopenyu.org)**

