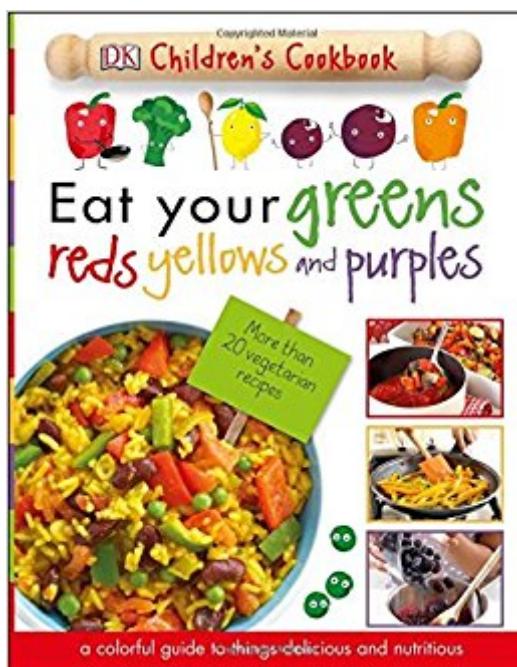


The book was found

# Eat Your Greens, Reds, Yellows, And Purples: Children's Cookbook



## Synopsis

Gather your ingredients and get busy in the kitchen creating tasty, healthy meals with your kids with Eat Your Greens, Reds, Yellows, and Purples. With 25 delicious and simple vegetarian recipes, this healthy cookbook makes fruits and vegetables fun and delicious while teaching kids the benefits of eating healthy. Teach your kids how carrots help their vision while baking carrot and orange muffins or why peppers boost their immune system while making a red pepper hummus. Written in a friendly, positive tone that focuses on why colorful fruit and vegetables are good, Eat Your Greens, Reds, Yellows, and Purples is perfect for parents looking for a way to get their children excited about fruit, vegetables, and cooking. The delicious meals and fun facts are enough to satisfy any hungry young appetite, so reach for your reds, pick up your purples, and don't forget to eat your greens!

## Book Information

Hardcover: 80 pages

Publisher: DK Children (May 10, 2016)

Language: English

ISBN-10: 1465451528

ISBN-13: 978-1465451521

Product Dimensions: 8.8 x 0.6 x 11.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #188,529 in Books (See Top 100 in Books) #66 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #128 in Books > Children's Books > Children's Cookbooks #263 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

Gr 1-5 "This colorful recipe book encourages children to eat a rainbow of vegetables for diverse nutritional benefits. Recipes are organized by food color, and each includes step-by step instructions with appetizing full-color photos that break up the instructions into manageable bites. The introduction covers equipment, a few foods, and basic preparation skills for items such as ginger, avocado, and garlic. Some difficult steps require grown-up assistance for younger cooks, but a reliance on store-bought crusts and doughs makes the recipes accessible for those new to the

kitchen. The inclusion of food facts (for instance, eggplants are really large berries) keeps this title educational. VERDICT Libraries will want to find a place for this collection of fun eats for young vegetarian cooks with adventurous palettes.â "Heather Acerro, Rochester Public Library, MN

"Libraries will want to find a place for this collection of fun eats for young vegetarian cooks." â "School Library Journal

Fun & easy to follow. My 8-year-old niece was SO excited to start cooking!

My grand daughter loves it.

A little too simplistic for my granddaughter on her 8th birthday. Might be great as a learning tool for younger children.

I bought this book to help teach my intellectually disabled son better nutrition. It's well written, has great visuals and I really like the way it is set up by colors. It's a fun way to teach nutrition and even though he is an adult it's not too much of a "baby" book . I like the variety of recipes and that all of the ingredients are easy to find he is really enjoying it. I'd recommend this book for kids of all ages and also young adults.

My granddaughters couldn't wait to try the recipes in the book. Very helpful for kids that don't like vegetables.

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