

Cooking with Kids

Fun, safe and simple cooking with children of all ages: kitchen safety, age-appropriate tasks, basic skills, healthy habits, picky eaters, 12 easy recipes and a family recipe collection.

E-BOOK · US LETTER

- Safe, fun cooking for every age
- Kitchen skills and healthy habits
- 12 easy recipes and a family recipe book

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This e-book offers general ideas for cooking with children. Always supervise children in the kitchen, especially around heat, sharp tools and electrical appliances. Check every recipe for allergies and intolerances in your family and adapt ingredients where needed. Follow food safety guidelines for handling raw meat, fish and eggs.

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