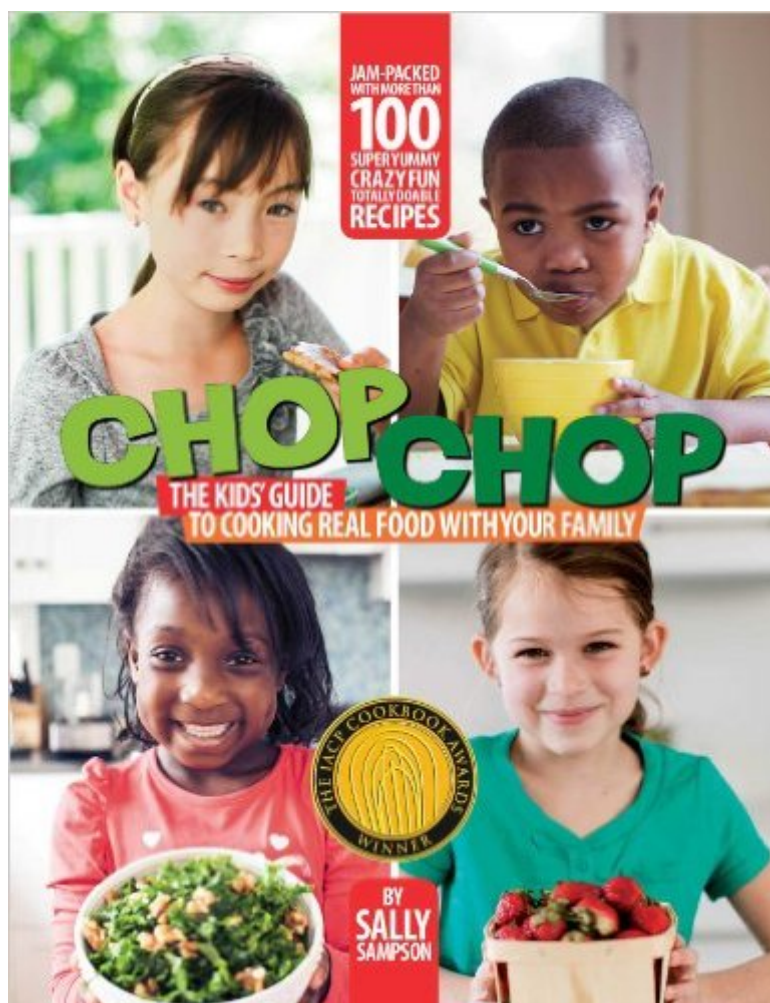


The book was found

ChopChop: The Kids' Guide To Cooking Real Food With Your Family



Synopsis

Winner of the International Association of Culinary Professionals Cookbook Award in the Children/Youth/Family category, ChopChop offers simple, healthy, and delicious dishes for children and parents to make together. Cooking at home helps kids stay healthy, builds family relationships, and teaches math, science, and cultural and financial literacy. That's why ChopChop is your family's best friend and it's jam-packed with kitchen basics, ingenious tips, and meals that taste great and are fun to make. Every recipe has been approved by the Academy of American Pediatrics and by real kids cooking at home. These dishes are nutritious, ethnically diverse, inexpensive, and a joy to prepare. From French toast to fajitas, and from burgers to brownies, ChopChop entertains and inspires cooks of all ages.

Book Information

Paperback: 208 pages

Publisher: Simon & Schuster (August 13, 2013)

Language: English

ISBN-10: 1451685874

ISBN-13: 978-1451685879

Product Dimensions: 8.4 x 0.6 x 10.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (70 customer reviews)

Best Sellers Rank: #62,171 in Books (See Top 100 in Books) #64 in [Books > Children's Books > Children's Cookbooks](#) #637 in [Books > Cookbooks, Food & Wine > Cooking Methods](#) #1123 in [Books > Cookbooks, Food & Wine > Special Diet](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Here is a book that anybody who feels slightly inadequate in the kitchen can buy for, cough, a child they "might know" without feeling embarrassed. This is a book crammed with lots of great advice to help get children cooking, with over 100 different varied recipes. It is also eminently suitable for the adult who wants to know more but is afraid to ask. The author's main aim is to get children cooking great healthy food, ideally involving their family along the way. Everybody wins, well nearly everybody, as fast food joints and manufacturers of ready-made microwave food may see their nose pushed a bit out of joint. The recipes are split into key sections of breakfast; lunch; soups;

salads; dinner; dessert and drinks. Great internal signposting and a full index lets the impatient cook really dig into this book. Before you get cooking, should it be required, there is a good introduction covering the most basic of the basics you need to know but perhaps have never been taught. One particular feature that caught this reviewer's eye was the "seasoning experiment" that seeks to help show the importance of good seasoning and how essential it can be for a cook to taste things as they go on - a small thing that only occupied two pages but a very important thing. Where possible, this is a book that the cook, whether child or parent, should try and at look through sequentially at least once. Not only do you then get a great overview to all the recipes on offer but you will pick up a lot of the great background information, hints and tips along the way. As you would expect the recipes are very clearly written and well laid out. The recipes even address most of our typical "niggles" with an estimation of preparation and cooking times.

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