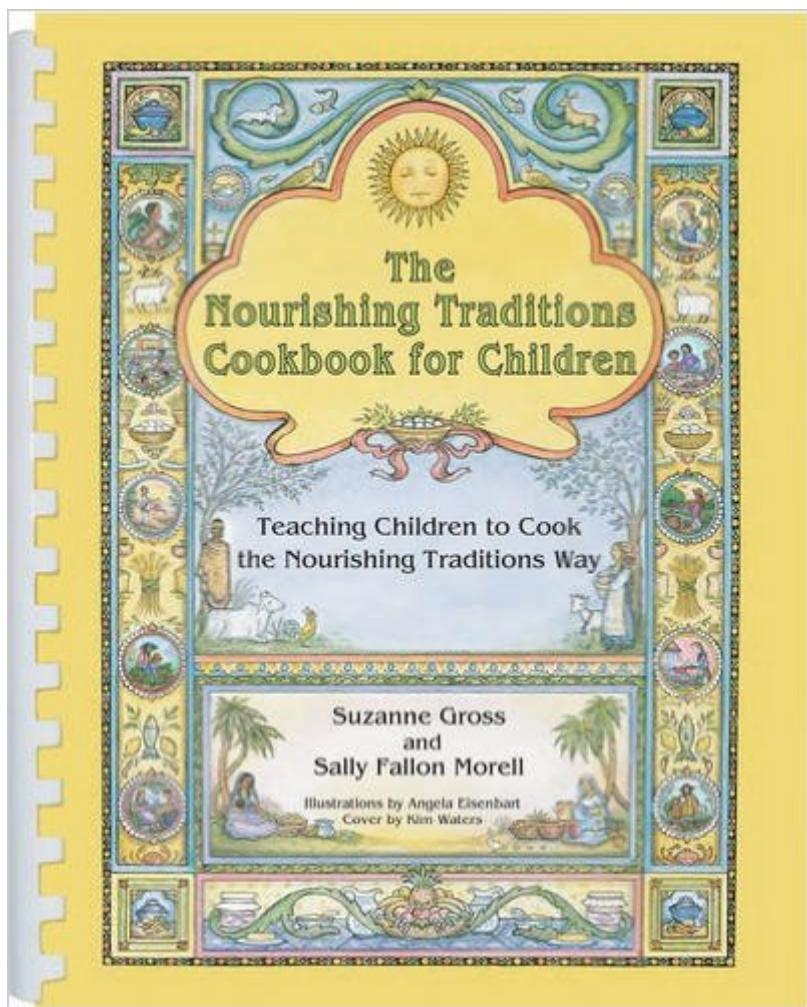


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# The Nourishing Traditions Cookbook For Children: Teaching Children To Cook The Nourishing Traditions Way



## **Synopsis**

With over six hundred thousand copies sold, Nourishing Traditions is a phenomenon that has captured the imagination of America's health conscious consumers. The Nourishing Traditions Cookbook for Children provides children with the key messages of the parent bookâ the benefits of eggs, butter, bone broths and soups, lacto-fermented foods, meat and organ meats. Beautifully illustrated, the book teaches the basics of healthy cooking step by step. Children and their parents will enjoy lots of original recipes for healthy snacks, desserts, baked goods, lunches and breakfasts.

## **Book Information**

Plastic Comb: 240 pages

Publisher: Newtrends Publishing, Inc.; Spi edition (May 15, 2015)

Language: English

ISBN-10: 0982338333

ISBN-13: 978-0982338339

Product Dimensions: 8 x 0.5 x 9.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (47 customer reviews)

Best Sellers Rank: #111,306 in Books (See Top 100 in Books) #46 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #104 inÂ Books > Children's Books > Children's Cookbooks #152 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 10 - 16 years

Grade Level: 5 - 10

## **Customer Reviews**

Geared for younger children say 7-10, written on a level they can comprehend. However, for those new to traditional methods this book is a gem as it lays out how to prepare many of the basics.

Thank you so much!!!

I had it preordered, and it finally came yesterday. I've been cooking the Nourishing Traditions way for a few years now. ( In my opinion, it's the only way of eating that makes sense.) As a mom of 5 young children, I've found it a little hard to explain to them why we cook the way we do. This book says it in an easy to understand way for children. And the recipes! We have other children's recipe books, my girls beg to cook out of, as they like the pictures in them, and everything looks so yummy.

I'm always hesitant, because I don't want them eating that "garbage", and don't want them learning to cook that way. So I will say it again, this book is amazing! It has lots of pictures of healthy, delicious looking, food. I also really like the pictures in the ingredient list. It helps for the children to have a pictorial overview of everything they're going to be needing for the recipe. I also like how it encourages eating seasonally. So it's great, and I'm very happy with my purchase. Little expensive, but very worth it. Just wanted to add, when my mom in law saw this book at my house, she liked it so much that she went home and ordered one for her and my sister in law.

My book just arrived and it's better than I imagined! I'm a big fan of Nourishing Traditions, but know it can be overwhelming to those who are younger or first starting out on the journey of real foods. I love the recipes and tips in this book but also The Nourishing Traditions Cookbook for Children is beautiful. It's filled with colored illustrations showing not only the end product, but the ingredients and tools needed for each recipe which makes it perfect for young readers, those who are visual, and those new to this type of information. Each section (Kitchen Tools, Measuring Guide, Incredible Eggs, Mighty Milk, Butter is Better, Super Snacks, Vibrant Vegetables, The Secret's in the Soup, Friendly Ferments, Soak, Sour and Sprout!, Meet your Meat, My Healthy Lunch, What's for Dessert?) explains information, that sadly many adults no longer know, in a clear and concise way and focuses on the why and how and in some cases a bit of history. This book belongs in every school and public library as well as every home that is interested in feeding their children and families with real food.

I really love the actual Nourishing Traditions book although I don't necessarily agree with everything in it. I had high hopes for this book, thinking it would be fun to make stuff with my son later and not have to make junk food and fluorescent cupcakes. There was a fair amount of recipes that a child could understand and make with parental help. It's got some very nice colored-pencil illustrations of children cooking and it shows a picture of every ingredient, which is great for little ones cooking. It also imparts to them the ideals of the Weston Price Foundation. In these respects, the book was pretty good. On the flip side, there are a \*lot\* of typos and grammatical errors in the book. It needs to be edited a few more times by a professional editor. Is my grammar perfect? No, but I am not publishing a book... Also, the book sounds like it is trying very hard to talk at a child's level, to the point where it almost sounds patronizing. As a teacher of elementary school and as a parent, I think most kids would cringe at some of the wording in this book. All in all, I'm keeping the book and I think it will be put to good use. I think it will help my son establish a good foundation for his future cooking

endeavors. There are just quite a few things that could use a bit of tweaking, which is why I'm rating this three stars.

I had planned to use this with my 10 & 12 year old this summer, but was disappointed. There are sketches of the ingredients and tools needed, but nothing to illustrate the cooking process. Now obviously I am not just going to hand the book over and leave my kids alone in the kitchen, but I really did expect a more thorough explanation of the actual cooking. I was also surprised at how basic some of the recipes were (the worst: Watermelon pops. Press cookie cutters into sliced watermelon and insert a popsicle stick). There's some basic info on fermenting and sprouting, as well as recipes for roasting a chicken, making meatballs, etc. I see this more as a helpful resource for someone who is new to the NT way of eating, as it's much less overwhelming than the original book.

Awesome! Although my children are 5 years and younger, I am able to use this book as extra curricular to our homeschooling, and get recipes out of it for them to make. They love getting involved and this book has helped me how to give even the smallest of jobs to the little ones. I love the photos in this book, and the recipes I wish they had them in this lay out in ALL recipe books. very visually appealing to the eye and simple to follow. It is very educational, in the sense that it talks about real food, and can be used in supplement to science, math and health. I hope there will be a sequel!

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