

Tailored Skills



How to Cook Snacks and Treats (For Kids!)

Books and Materials

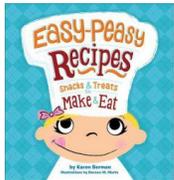


Cool sides & salads : easy & fun comfort food

by Alex Kuskowski

Introduces making salads and similar dishes to use as sides; identifies cooking terms, equipment, and

ingredients; and shares recipes for such foods as bacon cheese morsels, summer salad wrap, surprise Thai salad, and fun fruit salad



Easy-peasy recipes : snacks & treats to make & eat

by Karen Berman

Delicious, nutritious and fun snack recipes that young kids can make on their own--with no stoves, ovens,

sharp knives or parental supervision required--provides step-by-step illustrated instructions that will help children discover the pleasure of making their own food with healthy, easy-to-find ingredients!

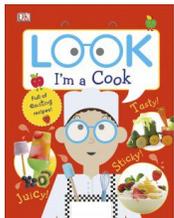


Cool game day parties : beyond the basics for kids who cook

by Lisa Wagner

Features snack food recipes for parties, including caramelized onion

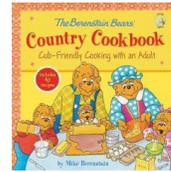
dip, Chicago-style hot dogs, and cookie ice cream sandwiches



Look, I'm a cook

by Inc. Dorling Kindersley

Provides kid-friendly recipes for different dishes, including guacamole, chocolate pears, bruschetta, and rainbow ice



The Berenstain Bears' country cookbook : cub-friendly cooking with an adult

by Mike Berenstain

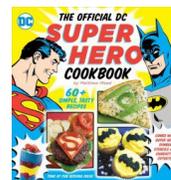
Presents forty recipes with step-by-step instructions for such dishes as crepes with berries, creamy chicken noodle soup, chicken quesadillas, candied pretzels, and cola cake



Cook me a story : a treasury of stories and recipes inspired by classic fairy tales

by Bryan Kozlowski

Presents adaptations of classic fairy tales along with recipes based on these stories, such as Goldilocks and the three pears, rapretzel, sleeping fruity, and three chili goats puff



The official DC super hero cookbook : 50+ Simple, Tasty Recipes

by Matthew Mead

Presents more than 50 recipes for snacks, meals, drinks and desserts inspired by the superheroes of DC Comics, including Kryptonite Krunch granola, Green Arrow kebobs and Plastic Man pudding.



American Girl cooking

by Nicole Hill Gerulat

A perfect cookbook for the aspiring chef and American Girl fan is overflowing with easy-to-follow recipes for any occasion and also serves as a cooking coach for making tasty and nutritious snacks, soups, salads, main dishes and more to share with friends and family.

Your learning made to fit.



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How to Cook Snacks and Treats (For Kids!)

Online Resources

creativebug

Creativebug is an on-demand arts and crafts instructional resource with over 1,000 high-quality videos taught by expert artists and makers. It includes classes and videos on drawing, painting, sewing, knitting, crochet, quilting, baking, and more.

Search for: baking; cooking;
You can also filter classes by age group.



Food Literacy has free lessons and curriculum for kids. From lessons on intro to knife skills to yummy kid-friendly recipes, this website can be a great starting point of little chefs!



The **Food Network** has some great recipes and tips and tricks for kids who are cooking in the kitchen.

Kid-friendly Cooking YouTube Channels

Cook with Amber

Sixteen-year-old Amber Kelley is a cookbook author, speaker, winner of Food Network Star Kids, and the host of her popular Youtube series Cook With Amber. From her appearances on The Disney Channel, E!, and the Today Show, to her endorsement from Jamie Oliver, Amber is inspiring a whole new generation of eaters to get in the kitchen and have fun.

Food Fusion Kids

This channel is dedicated to Kids Recipe Videos. From fudge brownies to back to school recipes this is great for little chefs to get some inspiration.

Lucas's Show

Join in the fun with Lucas' family-friendly videos! He enjoys baking and cooking in Lucas' Kitchen. He will inspire you and your family with lots of recipe ideas. Come and have fun in the kitchen with Lucas! Educational, entertaining, kids channel! Lucas is a micro-preemie, he was born at 23 weeks gestation (17 weeks early). Lucas has ASD (Autism Spectrum Disorder) and he likes sharing his fun and exciting experiences in this family and children friendly channel.

Chuchay's Corner

Young Chef K.C. has some fun recipes....and some fun special effects! Enjoy these short and entertaining recipe videos!

Community Resources

Belle Kitchen offers some low-cost cooking classes for kids. Check their website for days, times, and cost.

OSU Extension Office

Cooperative Extension provides research-based resources (many free) you can use to improve your home, workplace and community. It's a service of Oklahoma State University and functions as part of a nationwide network of university extension offices dedicated to providing trustworthy public education and service. Sometimes the OSU Extension offers kid-friendly nutrition and cooking courses. Check their website or call them for more information.