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 carmelized 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.
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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 Center**

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**

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.