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FOREWORD REVIEW ♥♥♥♥♥ COOKING

Hey Kids! You're Cookin' Now! A Global Awareness Cooking Adventure

Dianne Pratt
Janet Winter, illustrator
Harvest Hill (December 1998)
Hardcover $19.95 (160pp)
978-1-886862-07-4

In this, her first book, author Dianne Pratt, has collected and presented over 80 healthy, easy to complete recipes. The recipes cover the full range from beverages, breakfast foods, lunch and dinner entrees to desserts and snacks. Complete and easy to follow directions are given for each. In addition numerous safety tips and helpful hints are also explained. The recipes feature foods sure to be popular with children and their entire families, with titles equally as appealing such as: Spaghetti Squiggles, Can't Wait Pizza Dough and Jellyfish Bowls. Kitchen Crafts and Experiments are included with play dough, dog biscuits, face paint and tie-dyed socks among many others.

The pages are decorated with soft full color illustrations and borders done by Janet Winter. The playfully illustrated animal characters are shown engaged in the cooking activities and crafts. Interspersed throughout the book are interesting bits of information regarding Cooking, Ecology, Earth and Animal Facts (hence the sub-title). These Facts convey the impact of decisions made when purchasing, preparing and disposing of kitchen products.

Parents and grandparents will find this a great book of recipes to use when cooking with the children in their families and may enjoy sharing the additional points of nature information as they spend time together in the kitchen. The index to recipes at the back of the book is a welcome inclusion. The combination of recipes, safety, animal art, kitchen crafts, experiments and ecology facts allow kids and their "adult helpers" to have a fun learning experience in the kitchen and beyond.

DAWN FARLEY (January / February 1999)

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