

Kids' Kitchen



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出版者:

出版时间:2009-9

装帧:

isbn:9781846861765

"Kids' Kitchen" is designed to encourage children to cook delicious and nutritious recipes for their friends and family. The 40 recipes are displayed on laminated recipe cards stored in a sturdy box. Each is colour-coded to reflect government guidelines on healthy eating (the Eatwell Plate) promoting a balanced intake of Grains, Fruits, Vegetables, Oils, Milk, Meat and Beans. The 5 colours correspond to these 5 food categories. Tips on how to combine the recipes are also provided in this title. It features a unique cookery deck that encourages children to prepare fun, tasty and healthy meals and introduces them to recipes from around the world. Recipes are divided into the five main food categories to reflect government guidelines on healthy eating. This title includes 8-page booklet that contains information on the benefits of each food type, practical advice on hygiene and safety and a glossary of cookery terms. Author Fiona Bird is a Masterchef and the founder of 'Stirrin' Stuff', a charity dedicated to teaching cookery skills and an understanding of nutrition to primary school children.

作者介绍:

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