



Kids' First Cookbook: Delicious-Nutritious Treats to Make Yourself!

American Cancer Society

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Inside this beautifully illustrated cookbook are activities, colorful recipes, and cooking tips that help turn meal preparation into exciting family fun. From the simplest snacks and drinks to masterful meals, kids create their own masterpieces using step-by-step illustrations and learn to make healthy and wholesome food choices that will benefit them for a lifetime. In addition to the 53 recipes that list the number of servings, calories, and fat grams in each meal, the book includes instructions on how to read a food label, kitchen safety, and a guide to the food pyramid.

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