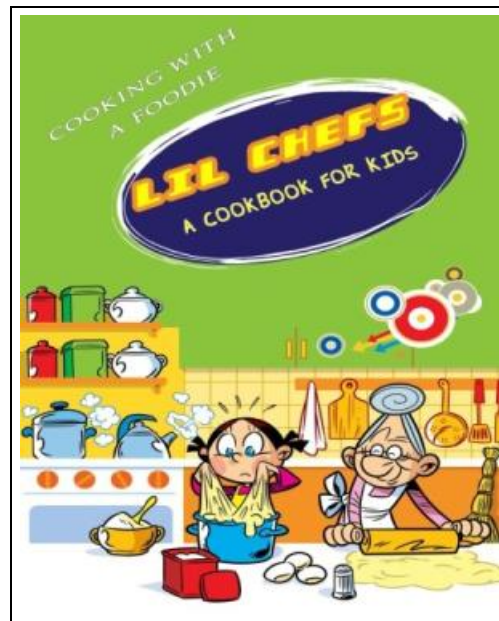


Lil Chefs: A Cookbook for Kids



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Reviews

It is really an awesome ebook that we actually have actually study. It can be loaded with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Coleman Ortiz)

LIL CHEFS: A COOKBOOK FOR KIDS



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Give Your Kids A Healthy Snack And They Will Eat Well for Five Minutes. Teach Them To Make Healthy Meals, And They Will Eat Well For A Lifetime! How do you get your kids to eat broccoli? By turning cooking into a fun activity that they enjoy, of course! Cooking activities for kids are easy and super fun when you turn them into a simple game. There is no greater pleasure than seeing your kids cooking. Feel safe knowing that they will be able to take care of themselves when they come home from school or when you are too busy. This fun junior cookbook is perfect for training kids ages 6 to 12 in the art of preparing food. As a parent, your number one focus is healthy cooking for kids. This book is a perfect guide to any kids cooking set or training utensils. If you don t have any kids cooking supplies, then don t worry! There are tons of fun recipes that you can prepare with simple things from your home and kitchen. In this Healthy Kids Cookbook, you will help your kids learn the science of good cooking through fun recipes: 1. Kitchen Rules Safety: -- Personal Hygiene -- Kitchen Hygiene 2. The importance of eating a nutritious + balanced diet -- How to make healthy choices -- What foods to eat often 3. How to read recipes like a pro! (This will make easy cooking for kids) 4. Cooking Techniques -- Beginner to Advanced Levels Beginner Level (cooking utensils for kids) -- Using forks and knives -- Cutting vegetables Intermediate Level -- Using common kitchen appliances: (microwave, toaster, toaster...



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