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# The Help Yourself Cookbook For Kids: 60 Easy Plant-Based Recipes Kids Can Make To Stay Healthy And Save The Earth



## Synopsis

Struggling to get your kids to eat their fruits and vegetables? Try letting them help themselves! Experts tell us the best way to teach kids healthy eating habits is to involve them in the process. This irresistible cookbook presents 60 appealing recipes kids will beg to make themselves, in fun and charming illustrations they will love. Bursting with color, humor, cute animal characters, and cool facts (did you know your brain actually shrinks when you're dehydrated? Drink water, quick!), *Help Yourself* empowers children to take charge of their own nutrition -- for now and for life! Recipes include: fun-to-munch hand-held snacks like Life Boats, bright fruit-flavored drinks like Tickled Pink, the always popular things-on-toast, like Leprechaun Footprints, salads they will actually eat, like Tiger Stripes, cozy soups like Tomato Tornado, and sweets like chocolatey Disappearing Dots! Excerpt from the Intro: Since the day you were born, someone has been making you food and serving you meals (that's the life!). But wait a minute...what's that on the end of your arm? Why, it's a hand! And it turns out you need little more than your own two hands and a few ingredients to help yourself to healthy foods...and help the world, while you're at it! Because from the tip of your nose to the tip of an iceberg, the food we eat affects our bodies, our environment, and even strangers on the other side of the planet. It's amazing but true.

## Book Information

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Age Range: 6 - 12 years

Grade Level: 1 - 7

## Customer Reviews

“Crackles with dynamic images and text that convey (Ruby’s) impressive

talent for breaking down important messages about healthy eating and environmental issues with passion and a rainbow palette of ingredients. A complete package that delightfully beats a path to the kitchen, illustrated with vivacity and humor. (Foreword Reviews) "Inspires kids to eat healthy through their love of animals and exploration." (Delicious Living)

Ruby Roth is an artist, designer, and the world's leading author-illustrator of four vegan and vegetarian books for children. She has been featured on many major media outlets including the Today Show, CNN, ABC, FOX, Wired, Redbook, and Glamour. A former elementary school art teacher, Ruby was inspired by her students to write children's picture books on veganism, which have since been translated into multiple languages. Roth lives in Los Angeles with her artist beau and stepdaughter.

The book is really beautiful. The images are colorful, cute, and very appealing! I bought this book for my daughter so she could pick out recipes to do together. I think the main point of this cookbook is allowing children to be part of the food making process. They see where their food comes from and feel proud to be able to cook their own food with the help of a parent. It helps them build healthy eating habits and begin to learn kitchen/cooking skills. The recipes themselves are the types of things kids like eating. Many vegan recipes are full of strong spices and tend not to be child friendly, but these are perfect for the picky eater. I'm fairly certain my kid will like most of these. I'm really glad I got this and look forward to cooking together!

Love this cookbook! My 6 yr old had fun looking through it with me deciding together on a recipe to try. Our first attempt we made power towers with apples and peanut butter. I had been trying to get him to try apples with peanut butter for years (he loves each item separately but was never interested in trying together) to no avail. Finally, he wanted to try it because the book is fun and the recipe made it look cool. He loved it!! I probably won't use a lot of the recipes since they include ingredients we don't usually have, but that is okay. I have learned over the years that plant-based eating has lots of nit picky subtleties and I just ignore the ingredients we don't use and move on. Very fun way to involve the kids in cooking and in getting them interested in trying new healthy things. Love, Love!

I'm going to give it 4 stars because it's a vegetarian cookbook for kids, and there aren't a lot of

those. Also it's beautiful and nice to read. On the down side, my son (7) is super picky and I got this to help us find new recipes to try together. The recipes, although wonderful, don't seem very kid friendly, at least not for my kid, but admittedly he only likes tofu and corn. Hopefully we will find a new favorite here.

My kids love this book and it really helped becoming vegan be an easy transition for them. Would recommend this for children of all ages and ability. Just the vibrant colors alone make you want to read it.

Love this book. Gets kids interested in the kitchen, with healthy Whole Foods. There's not another cookbook out there like this, trust me, I've looked! It is for kids who are used to healthy food though. All the recipes are not your normal kids recipes.

My 9 year old read this as his bedtime reading and came down to the kitchen the next morning with so many recipes that he said looked "tasty" and wanted to try. Kudos to Ruby Roth on this cute, informative and simple recipes that kids will love to make!

My 8 year old son uses this cookbook several times a week - sometimes several times per day! He is currently making me an un-stick in the mud chocolate smoothie. We did several of the recipes together when we first received the book to help refine his measurement skills. Now there are many recipes that he can make with very minimal assistance.

Nice easy to read cookbook. My daughter loves it. Wish it had some more "mainstream" recipes - they are cool but a bit "out there" and while we want to be supportive of her cooking efforts there is only so much goji tea and beet dip we want.

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