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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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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (42 customer reviews)

Best Sellers Rank: #13,656 in Books (See Top 100 in Books) #18 in [Books > Children's Books > Children's Cookbooks](#) #1115 in [Books > Children's Books > Animals](#)

Age Range: 6 - 12 years

Grade Level: 1 - 7

## Customer Reviews

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!

Such a great book! My 9 year old daughter was so excited to go the grocery store and get ingredients to make some of these recipes. She's already made us (with some help from dad) several dishes including the "cheezy" broccoli which was great! Highly recommend. great recipes that taste great!

This book gave me great ideas on what to make for my tofdlwr. I love it! Very colorful and creative

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 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.

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.

Love, love, love this book! My 7 year old daughter has been on board with my vegan cooking and lifestyle for over 2 years now and this is the perfect introduction into the kitchen for her. Not only is the content great but the illustrations and layout are beautiful and fun. We have tried five of the recipes together, which were loved by vegans and non-vegans alike.

What an amazing cookbook. MY little 4 year old looooves it! This is an outstanding book. He is always wanting to make something new out of "his cookbook" I highly recommend this for anyone no matter your dieting choices.

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