

“Books For Cooks” Kit Overview

- **A Dairy Yummy Treat**
 - Main Idea: Children learn to cream dairy foods to the desired consistency.
 - Read: *Tales of the Dairy Godmother: Chuck's Ice Cream Wish* By Viola Butler
 - Let's Cook: Frozen Yogurt in a Bag
- **Breakfast Basics**
 - Main Idea: Children will learn to beat a mixture using a whisk.
 - Read: *From Wheat to Bread* By Stacy Taus-Bolstad
 - Let's Cook: French Toast
- **Eye Grow Potatoes**
 - Main Idea: Children will learn how to chop, peel and dice foods.
 - Read: *Two Old Potatoes and Me* By John Coy
 - Let's Cook: Healthy Hashbrowns
- **Fabulous Friends & Foodies**
 - Main Idea: Children learn knife safety and proper techniques for chopping and dicing fresh produce.
 - Read: *The Foodie Flamingo* By Vanessa Howl
 - Let's Cook: Salsa Fresca
- **Farm Frenzy**
 - Main Idea: Children will learn how to cut fruit and squeeze fruit to make juice.
 - Read: *Right this Very Minute* By Lisl H. Detlefsen
 - Let's Cook: Splendid Fruit Salad
- **Fast Flipping**
 - Main Idea: Children will learn how to flip pancakes with a spatula.
 - Read: *Lady Pancake and Sir French Toast: Mission Defrostable* By Josh Funk
 - Let's Cook: Oatmeal Pancakes
- **Let's Taco Bout Spices**
 - Main Idea: Children learn how spices and seasonings enhance flavor.
 - Read: *Dragons Love Tacos* By Adam Rubin
 - Let's Cook: Tacos
- **Nothing is Im-Pasta-Ble**
 - Main Idea: Children learn the proper technique for boiling pasta.
 - Read: *The Great Pasta Escape* By Miranda Paul
 - Let's Cook: Pasta and Meatballs



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- **PB&J, Yay!**
 - Main Idea: Children will learn to mash and blend foods to change the consistency.
 - Read: *PB&J Horray!* By Janet Nolan
 - Let’s Cook: Peanut Butter Balls
- **Secret Ingredient**
 - Main Idea: Children learn the importance of following directions when baking.
 - Read: *Lily and the Yucky Cookies* By Sean Covey
 - Let’s Cook: Chocolate Surprise Cupcakes
- **Silly Sandwich**
 - Main Idea: Children learn about yeast and why it is needed when baking bread.
 - Read: *Hannah’s Tall Order: A A-to-Z Sandwich* By Linda Vander Heyden
 - Let’s Cook: No Knead Whole Wheat Bread
- **What’s Your Beef?**
 - Main Idea: Children learn where beef comes from and important practices for safely preparing and cooking beef.
 - Read: *My Family’s Beef Farm* By Katie Olthoff
 - Let’s Cook: Sloppy Joes

