



Explorations Unlimited

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A Few Favorite Resources for Cooking with Children

* Appleton, Julie, Nadine McCrea and Carla Patterson. Do Carrots Make You See Better: A Guide to Food and Nutrition in Early Childhood Programs. Beltsville, MD: Gryphon House, 2001. ISBN: 0-87659-264-7.

Colker, Laura J. The Cooking Book: Fostering Young Children's Learning and Delight. Washington, DC: National Association for the Education of Young Children, 2005. ISBN: 1-928896-20-0.

Moore, Carolyn E., PhD, RD, Mimi Kerr and Robert Shulman, MD. Young Chef's Nutrition Guide and Cookbook. Hauppauge, NY, 1990. ISBN: 0-8120-5789-9.
(especially appropriate for school-age children; available in the CLAN library system; out-of-print but available on e-bay and other on-line sources.)

Veitch, Beverly and Thelma Harms. Cook and Learn: Pictorial Single Portion Recipes: A Child's Cook Book, revised and enlarged edition. Reading, MA: Addison-Wesley Publishing Company, 1976/1981. ISBN: 0-201-09424-X.
(available in the Childspan Library; out-of-print but available on-line through Amazon and other on-line sources.)

