



# Kids Kitchen

*Jennifer Low*

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## **Kids Kitchen** Jennifer Low

There is real concern among parents, health professionals and educators at the moment about children's ignorance of basic foods and simply cooking techniques. We know that children love to cook given the chance but today there is next to no hands on cooking being taught in most schools. So it's no wonder there is a problem. That's why Jennifer Low has created this book of over 100 no-knives, no-flame, from-scratch recipes that kids can really make. All the dishes have been tested by kids, from tots to teens, and each one is beautifully photographed. Most recipes use measuring jugs and measuring spoons for ingredients so they are simple to prepare and where cooking is involved, they use ovens and microwaves so there are no naked flames to cook over. Recipes cover Breakfast, Lunch and Dinner and more besides including Chicken in Crunchy Coats and Wee Shepherd's Pies to Baby Lemon Meringue Pies and Blueberry Muffins. Jennifer shows how to organize a safe and fun kitchen for kids to learn and explore their culinary curiosity.

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