



Cooking Is Cool: Heat-Free Recipes for Kids to Cook

Marianne E. Dambra

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More than 50 heat-free recipes packed with flavor and learning

Cooking can be a delicious learning experience for children. As children read recipes, measure ingredients, and taste each dish, they build math and literacy skills, practice science process skills, and explore different food groups. Cooking Is Cool makes all of this hands-on learning possible without stepping foot in the kitchen. These classroom-friendly recipes are all heat-free, meaning they can be made without an oven, stove, microwave, or hot plate. With your guidance, budding chefs can follow the easy instructions to transform fresh, simple ingredients into tasty snacks, beverages, entrees, and treats.

This book includes more than 50 heat-free recipes that are fun to make and taste great, an explanation of the learning that occurs as children cook, tips to create your own classroom cooking center, and nutrition information, extension ideas, and interesting food facts.

Marianne E. Dambra, president of Early Childhood Education Network of Rochester, Inc., has presented on heat-free cooking with children at national and regional conferences since 1994.

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