



We Like to Help Cook

Marcus Allsop

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All the young children in this brightly colored-picture book are helping adults to prepare healthy and delicious foods - all in accordance with the Healthy Diet Guidelines of the USDA Simple text, including some rhymes, make the book easy to read, and will appeal to both kids and parents. *We Like to Help Cook* is distinguished by illustrations showing a multi-cultural mix of kids, as well as a few that include handicapped children in the activities and choices. Children help themselves or assist the adults by performing many age-related tasks, like pouring, shaking, washing, mashing and mixing - actions that most young children love to do. This book reinforces the message that children and adults can work together to prepare and eat healthy foods, such as: fresh vegetables and fruits, whole grains, low-fat milk products, lean meats, poultry, fish, beans, and healthy fats and oils. Since young children learn by watching and doing, even toddlers can often help out in the kitchen with simple tasks . . . sometimes much more than we expect.

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