

Cooking With Children and Cooking at Home

The following Web sites offer information on cooking with children in a classroom setting, and recipes for home cooks. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

Cooking With Children

Cooking With Kids

Cooking With Kids is an elementary school curriculum that teaches children about nutrition through cooking and food tasting lessons. Free downloads are available of the food tasting lessons for grades K through 6 (in English and Spanish). The Web site also sells a curriculum guide and other materials.

www.cookingwithkids.net/

Free tasting lessons: http://cookingwithkids.net/What_s_Available/Free_Downloads/index.html

The Edible Schoolyard

Located at the Martin Luther King Jr. Middle School in Berkeley, California, this organic gardening and cooking program lets students experience food production and preparation from “seed to table.” The Web site includes details about the program (which is supported by the Chez Panisse Foundation), classroom and garden lessons, and recipes.

www.edibleschoolyard.org/

Team Nutrition, USDA Food and Nutrition Information Center

Recipes and Menu Planning: Cooking with Kids

Team Nutrition’s Healthy Meals Resource System Web site offers links to child-friendly recipes, cooking programs for children, and tips for cooking with children.

http://riley.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=230&topic_id=1189

Cooking at Home

American Cancer Society

Recipes

The American Cancer Society’s Web site offers healthy recipes for entrees, desserts, and party foods.

www.cancer.org/docroot/PED/PED_3_2_Recipes.asp?sitearea=PED

American Institute for Cancer Research (AICR)

Recipe Corner

AICR is a nonprofit organization that sponsors research on diet and cancer. Its Web site provides information on the link between diet and cancer, and on ways to reduce cancer risk. Its Web site AICR provides healthy recipes featuring whole grains, fruits, and vegetables.

www.aicr.org/site/PageServer?pagename=dc_rc_home

**New Hampshire Department of Education
and Department of Health and Human Services**

5 A Day Quantity Recipe Cookbook

This cookbook offers quantity and family-size recipes featuring fruits and vegetables.
www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf

School Nutrition Association

The School Nutrition Association Web site offers a recipe database for both quantity and family-size recipes.

<http://docs.schoolnutrition.org/recipes/>