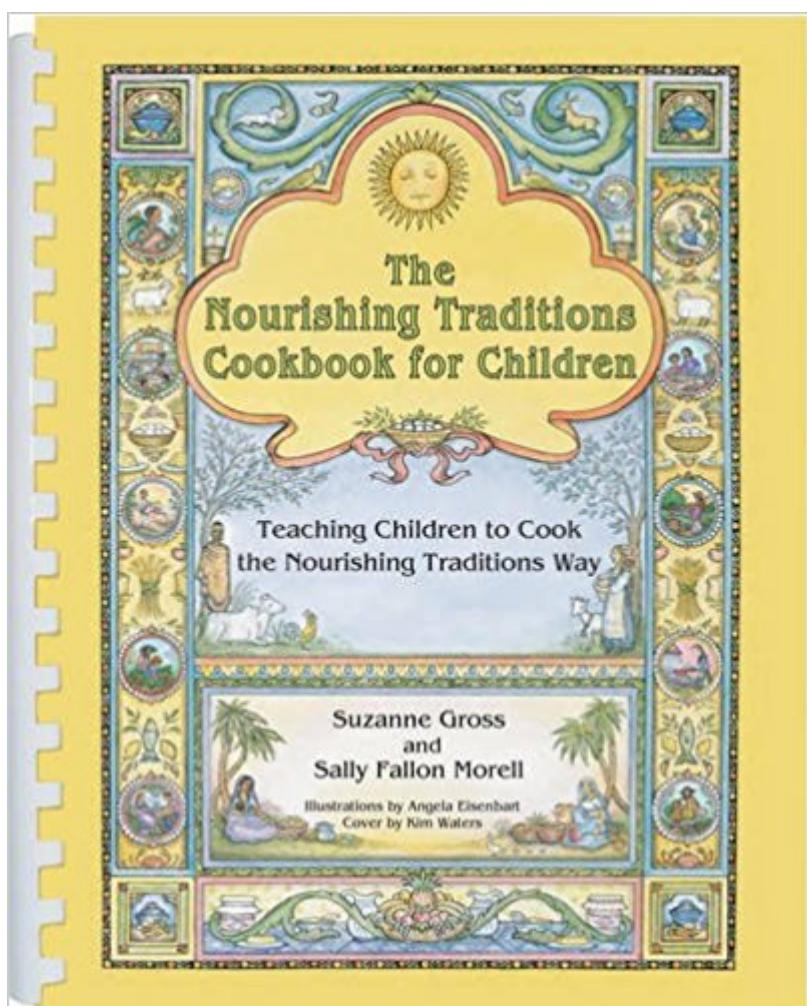


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# The Nourishing Traditions Cookbook For Children: Teaching Children To Cook The Nourishing Traditions Way



## **Synopsis**

With over six hundred thousand copies sold, Nourishing Traditions is a phenomenon that has captured the imagination of America's health conscious consumers. The Nourishing Traditions Cookbook for Children provides children with the key messages of the parent book—*the benefits of eggs, butter, bone broths and soups, lacto-fermented foods, meat and organ meats*. Beautifully illustrated, the book teaches the basics of healthy cooking step by step. Children and their parents will enjoy lots of original recipes for healthy snacks, desserts, baked goods, lunches and breakfasts.

## **Book Information**

Plastic Comb: 240 pages

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Product Dimensions: 8 x 0.5 x 9.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 54 customer reviews

Best Sellers Rank: #83,975 in Books (See Top 100 in Books) #35 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #63 in Books > Children's Books > Children's Cookbooks #129 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 10 - 16 years

Grade Level: 5 - 10

## **Customer Reviews**

Cooking the Nourishing Traditions way means following the wisdom of our ancestors, whose foodways were mindful of the earth, the animals and their own bodies. It means avoiding industrial processed foods (and dietary advice that promotes these foods) and instead, selecting natural, nutrient-dense foods. Inside this book, you will find an entire chapter devoted to butter! Eggs, raw milk, meats, broth, fermented foods, whole grains and vegetables all take their turn in the spotlight. Children learn why these foods are good for them and how the way food is grown, processed and prepared can either help or hurt us. Over one hundred recipes invite children into the kitchen to learn preparation of nourishing meals, snacks and treats. Colorfully

illustrated. The Nourishing Traditions Cookbook for Children describes the principles of good nutrition in a simple language that children can understand. Parents, grandparents, aunts, uncles, nannies, teachers and anyone involved in a young person's life can use this book to successfully equip children with the skills and wisdom they need to nourish themselves and--one day soon--their own families.

Suzanne Gross lives in Los Angeles with her husband, Ziv, and their three children, Ariella, Natalie and Ethan. For as long as she can remember, she has loved books and music and has written numerous short stories, poems and songs. Cooking became one of her passions when she realized it was a necessary skill to have in order to keep her family healthy. She holds a bachelor's degree in Library and Information Science and at one time was planning to become a school librarian. She still thinks being a librarian or a teacher would be one of the best jobs in the world, second only to being a mom of course. This is her first book. Sally Fallon Morell is the author of the bestselling cookbook Nourishing Traditions (with Mary G. Enig, PhD) as well as The Nourishing Traditions Book of Baby & Child Care (with Thomas S. Cowan, MD), Nourishing Broth (with Kaayla T. Daniel, PhD, CCN) and Eat Fat Lose Fat (with Mary G. Enig, PhD). She is the founding president of the Weston A. Price Foundation ([westonaprice.org](http://westonaprice.org)) and founder of A Campaign for Real Milk ([realmilk.com](http://realmilk.com)). She is the leading voice for a return to traditional nutrient-dense food. Angela Sette Eisenbart was educated in her homeland of Italy in marketing, graphic design and fine arts. She worked in studios in Milan, Italy and New York City before settling down in the Washington DC area working as graphic designer/illustrator for a 400 page monthly magazine. For the last 12 years she has dedicated herself to teaching arts & crafts, graphic design and technical drawing at a small private school in Maryland, while constantly working to perfect her painting and drawing skills in different media. As a freelance artist she continues to serve a variety of clients with projects large and small. Kim Waters is a distinguished illustrator whose style draws freely from Victorian book design and illustration, Persian and Indian miniature painting, and Medieval and Renaissance illuminations. Her unique combination of Western alchemical symbols and intricate borders, introduces the viewer to an intriguing and charming world of fantasy and fairy tales. Kim Waters has produced major works with her voluminous Illuminations from the Bhagavad Gita, which is now part of the permanent collection of the Museum of Sacred Art in Brussels, The Butter Thief, Enchanted Tales, an ABC Fantasy, and numerous private commissions including Nourishing Traditions and The Four Fold Path to Healing. She is currently working on illustrations for a tarot deck. Her work is available for viewing and purchase at [kimwatersart.net](http://kimwatersart.net).

Geared for younger children say 7-10, written on a level they can comprehend. However, for those new to traditional methods this book is a gem as it lays out how to prepare many of the basics. Thank you so much!!!

Awesome! Although my children are 5 years and younger, I am able to use this book as extra curricular to our homeschooling, and get recipes out of it for them to make. They love getting involved and this book has helped me how to give even the smallest of jobs to the little ones. I love the photos in this book, and the recipes I wish they had them in this lay out in ALL recipe books. very visually appealing to the eye and simple to follow. It is very educational, in the sense that it talks about real food, and can be used in supplement to science, math and health. I hope there will be a sequel!

When this book arrived my 9 year old was very excited to get to work on making some of these recipes. While we both loved the content and the information, the format of the book is not my favorite. After only a month of careful use, the book pages came apart and now the book is in a pile of pages no longer in book form. I think we will have to three hole punch them all and put them in a binder so she can use the book again. I wish this book came in a better binding option.

I had it preordered, and it finally came yesterday. I've been cooking the Nourishing Traditions way for a few years now. ( In my opinion, it's the only way of eating that makes sense.) As a mom of 5 young children, I've found it a little hard to explain to them why we cook the way we do. This book says it in an easy to understand way for children. And the recipes! We have other children's recipe books, my girls beg to cook out of, as they like the pictures in them, and everything looks so yummy. I'm always hesitant, because I don't want them eating that "garbage", and don't want them learning to cook that way. So I will say it again, this book is amazing! It has lots of pictures of healthy, delicious looking, food. I also really like the pictures in the ingredient list. It helps for the children to have a pictorial overview of everything they're going to be needing for the recipe. I also like how it encourages eating seasonally. So it's great, and I'm very happy with my purchase. Little expensive, but very worth it. Just wanted to add, when my mom in law saw this book at my house, she liked it so much that she went home and ordered one for her and my sister in law.

I had planned to use this with my 10 & 12 year old this summer, but was disappointed. There are

sketches of the ingredients and tools needed, but nothing to illustrate the cooking process. Now obviously I am not just going to hand the book over and leave my kids alone in the kitchen, but I really did expect a more thorough explanation of the actual cooking. I was also surprised at how basic some of the recipes were (the worst: Watermelon pops. Press cookie cutters into sliced watermelon and insert a popsicle stick). There's some basic info on fermenting and sprouting, as well as recipes for roasting a chicken, making meatballs, etc. I see this more as a helpful resource for someone who is new to the NT way of eating, as it's much less overwhelming than the original book.

This book is awesome. It's not full of the sugary crap most children's cookbooks are packed with. This is the real deal. It explains why we use farm fresh eggs, and how they are good for your body. I love that everything is laid out for the kids to get out and ready before they start cooking, including utensils needed! I see this book being used very much in the coming years. My oldest is only seven but he has made scrambled eggs completely solo multiple times now. We are starting there for now. Love this book.

I was so happy to see that Sally's new cookbook has color photos of the ingredients and the finished product for each recipe! My 7 year old daughter is thrilled to have this cookbook as her own! She's already found a good number of recipes she loves and continues to look through it. I will be gifting this book to parents and kids. It's an excellent way to get them started with "Real Food" cooking.

I am using the summer to help 2 of my boys (ages 5 and 7) to learn how to cook simple, healthy meals and why it's important to do so. They love this book as do I. I let them pick any recipe they want to make. The ingredients are easy to find, inexpensive and fun to work with. Sally Fallon never disappoints me. How my heart soars to hear my 7 year old ask when water kefir is ready for a "second ferment".

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