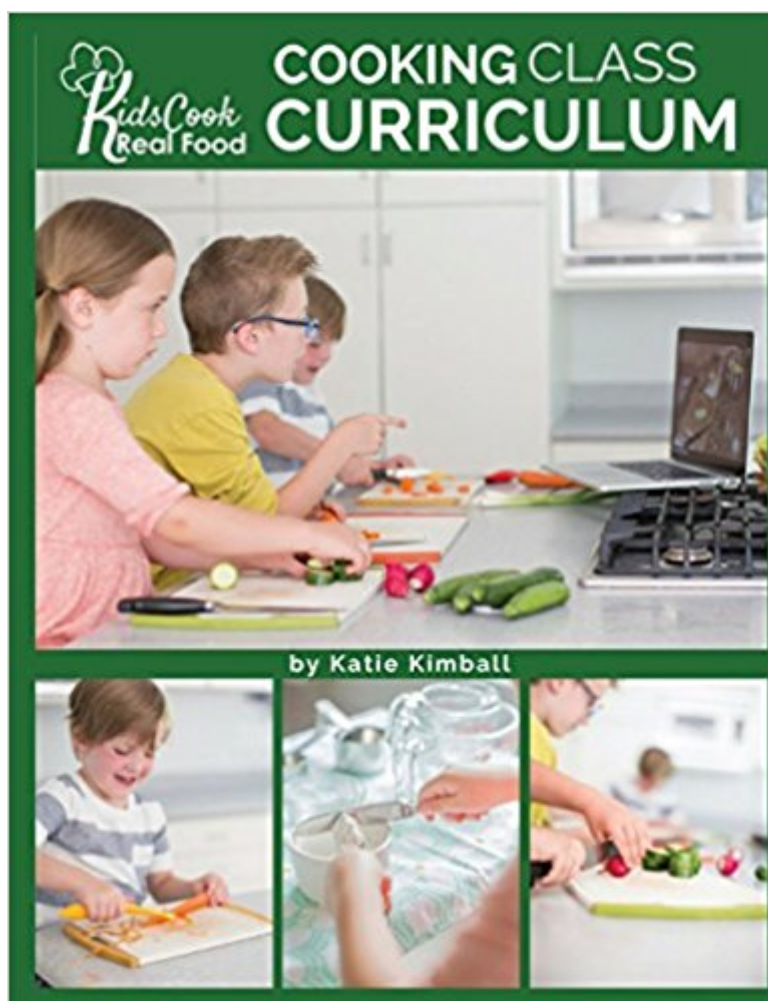


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# Kids Cook Real Food: Cooking Class Curriculum



## Synopsis

Want your kids to be hard-working, independent, healthy adults? You can do it all while making dinner â€” together. The Kids Cook Real Food cooking class curriculum will help your children discover and nurture their strengths, learn how to make something out of ingredients without anyone elseâ€™s help, and know how to feed themselves healthy food as they grow into adulthood. You donâ€™t have to focus on every detail (because Iâ€™ve already done that for you), so you can focus on making cooking a path to true self-esteem and self-realization for every one of your children, ultimately guiding their life decisions later on.

## Book Information

Paperback: 388 pages

Publisher: Kitchen Stewardship; 1 edition (March 23, 2017)

Language: English

ISBN-10: 1947031775

ISBN-13: 978-1947031777

Product Dimensions: 8.5 x 0.9 x 11 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #726,731 in Books (See Top 100 in Books) #69 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking with Kids

## Customer Reviews

Iâ€™m Katie Kimball, and as a mom of 4 I hit this point where I was too busy and too stressed out to even think about inviting my kids to help me in the kitchen. But I needed help so I could stop being so busy and spend time enjoying my children. For the good of my whole family, it was time to teach my kids to cook. My educational background is in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. Even though I love cooking myself, sometimes having my kids in the kitchen was as painful as doing crafts and finding glitter on everything two months later. But I didnâ€™t want my kids leaving for college not knowing how to cut a vegetable and ending up relying on frozen dinners the whole time! I gave myself many pep talks so Iâ€™d remember how important it was, and once I began to see the fruits of my labor, I realized I needed to share our methods with more people. Thatâ€™s why I created the Kids Cook Real Food Course, and why I canâ€™t wait to share it with your family.

We bought this program last year and then became so busy we forgot about. Then I saw the book and we bought that too. I have two daughters one very advanced and one needs more time(Downs Syndrome). Using the combination of the book and the video has made a huge difference for us. Always going back and checking details with both book and video. Thanks for considering all types of learners!

This curriculum is fantastic. The Kids Cook Real Food course has made a huge positive impact on my family. I spend a lot of time in the kitchen, and up until I started this course with my kids I would occasionally let them into the kitchen to "help" but for the most part would shoo them away, especially during dinner prep crunch-time. Going through the course with my kids has miraculously transformed their "help" into real, actual help. I can now call on my 8 year old (practicing the advanced level) to help when I'm running late and she'll help me to have dinner ready on time, or even send her into the kitchen to cook something on her own and with very little supervision because I have the confidence that she learned all the safety tips about knives and hot stoves/ovens during the lessons. And when I say she will "cook something," I'm not talking about boxed mac n cheese, or hamburger helper. She's learning how to deal with real food ingredients - to cut veggies, shred cheese, make homemade tortillas & bread rolls, and so much more from-scratch cooking and baking. This is really important to me, so she knows not only how to help out in my kitchen, but also how to feed herself and her family healthy food when she grows up. My beginner student can prepare a green salad for us all by herself. She'll wash the lettuce, tear the leaves, spin it dry (that's her favorite part), and serve it up. Soon she'll be ready to prepare the homemade dressing on her own, too! Overall, I cannot say enough good things about this book. It's worth buying a membership to the online course so you have access to the videos as well, but even just these written materials alone are really helpful. Mrs Kimball is great at breaking down seemingly simple tasks into easy steps that make sense to little ones. The recipe book (Recipes for Kids Cook Real Food) that goes along with this curriculum book is really helpful to have, as well.

I do not have the physical book, I have the exact content in the digital form. It is an amazing curriculum. I'm working on it with my 7 and 4 year old and it is amazing. Starts with basics like spreading butter or peanut butter end with making full recipes using a stove top. Good for toddlers through adult. It is clearly written and I highly recommend the authors videos as well, especially if you have a visual learner like me, but if your on a budget this book is all you need. Includes shopping lists broken down by level and lesson.

We have the video version of this curriculum and it is really fun and effective. My children like to prepare things they have learned from taking the class, because the skills seem more interesting (and accessible) when the talented Mrs Kimball teaches them in an engaging, step by step way. It makes cooking an interesting challenge to learn. I have experienced this too. Heretofore I've always thought of chopping as boring. When you learn some knife skills, chopping becomes an art that you can practice, an art that you can take pride in. Children love to learn a new, grown-up kind of skill like this too. The lessons for the little ones are really great. The little ones love to watch the videos again and again. They LOVE to try the skills that she teaches them too... everything from spreading butter on bread to chopping with a dull knife to measuring. (The measuring lessons are the best!). Mrs Kimball has a great personality and is a fun friend to have in the kitchen. This series makes it easy to teach your children to cook. I already know how to cook real food, but it would take a lot of planning in order to teach my little brood in a nice logical and fun way like this. I don't have time to plan that and I'm not creative enough to make it fun and kid-friendly. Mrs Kimball has done all the background work that enables me to gather my supplies (clearly listed and easy to find), turn on the video and go, and have fun doing it! For a homeschooling family with our hands full, this is an ideal program.

We REALLY enjoy these cooking classes! My kids feel so independent making their own food and food for the rest of the family, too. It's no longer a struggle to get them to eat veggies when they're the ones who have cut or prepared them. And this book makes following the curriculum foolproof! I'm a visual learner myself, so having the lessons printed out so it is very clear to me what we are teaching helps the lessons go super smooth. I recommend this to all my family and friends. A great resource an life skill and FUN, too!

I have been working through these classes with my four kids (ages 5-14) and a couple neighbor kids who begged to join us! Mrs. Kimball has put so much work into this program and is obviously an experienced teacher. We have all learned some kitchen skills and the kids enjoy making their own snacks and are able to assist with family dinner. I love that we are working with "real" foods and that she gives suggestions and alternatives for special diets. (We don't eat grains, corn, soy, or sugar.)

I have the digital form as well and we love it. I also love the terms used to help kids remember which

kitchen tools to use and/or how to use them.

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