

Plate Dates

A Roundup of Kid-Friendly Cookbooks

Kitchen Playdates, by Lauren Bank Deen

From "Confetti Spaghetti" to "Spice-Treasure Playdate," 70 innovative recipes that parents and kids can try together. Kids of all ages will enjoy the ideas for creative cooking projects and jobs that keep everyone active in the kitchen, while the simple ingredients required for each recipe make parents' jobs easy.

The Toddler Cookbook, by Annabel Karmel

Even preschoolers can play the role of chef as they help Mom and Dad prepare a delicious assortment of fun, funky recipes. The array of delicacies includes treats like little pita pizzas, chicken dippers, and peanut butter bears, complete with colorful photographs and comprehensive steps.

Everybody Eats Lunch

by Cricket Azima

Kids take part in a doubly educational experience as they learn to maintain a healthy diet and develop an international

palate. The lunchbox-shaped book takes kids on a journey inside the lunchboxes of youngsters from Japan to Jamaica as they lift up removable pictures of food to find the unique recipes underneath and learn how to say "lunch" in different languages.

—Shana Lebowitz

Spatulatta Cookbook, by Isabella Gerasole and Olivia Gerasole

From the preteen hosts of spatulatta.com comes an eclectic collection of recipes that encourages kids to explore the joys of cooking. The recipes, including "Bunny Salad" and "Papa's Pesto," are organized by season, and even feature ideas for simple snacks and vegetarian cuisine.

Yum-O!: The Family Cookbook, by Rachael Ray

Based on Rachael Ray's non-profit organization that raises money to feed the hungry, "Yum-O!" gets parents and kids working together to create a healthier, well-balanced diet. The cookbook shows kids ways to help out in the cooking process and how the whole family can eat healthy with simple, low-budget recipes.

