



The Usborne Healthy Cookbook (Children's Cooking)

Fiona Patchett

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This is a brand new cookbook to encourage children to learn about nutrition and produce healthy meals. It includes all new recipes such as brown rice risotto, chicken fajitas, herby falafels and Thai noodle soup as well as ideas for healthy yet delicious puddings. Each recipe is explained in step-by-step instructions and accompanied by clear illustrations. It also contains fun facts for children on nutrients and food groups, portion size and the importance of a varied diet.

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