More books with recipes

All books that have an asterisk are available to read as an e-book on OverDrive.

*Amy Wu and the Perfect Bao by Kat Zhang
A story of perseverance and a loving grandmother who comes up with a creative solution to her granddaughter’s frustration. Amy’s family recipe is included at the end. Ages 4-7.

*Every Color Soup by Jorey Hurley
This book is the recipe in this story of soup made from vegetables representing every color of the rainbow. Ages 2-6.

Food Play! by Amy Palanjian
Awesome collection of recipes with the preschool crowd in mind. Check out the Baby Bear Porridge recipe on page 4! Ages 3-5.

*Fry Bread: A Native American Family Story by Kevin Noble Maillard
Cooking fry bread is an experience (fry bread is shape, flavor, color, history, art…) and the delicious recipe is included at the end. Ages 5-8.

*Hot Pot Night! by Vincent Chen
Families come together to make a yummy Chinese soup called hot pot, each bringing their own special ingredients to add to the soup! Recipe included. Ages 3-6.

*Our Little Kitchen by Jillian Tamaki
Story of a community kitchen where everyone works together to prepare food for their neighbors. Includes a recipe at the front AND the back of the book! Ages 6-9.

*Stir Crack Whisk Bake: A Little Book about Little Cakes by Maddie Frost
A fun interactive board book introducing children to some of the fine motor skills they will use in cooking. Ages 2-5.

The Pizza That We Made by Joan Holub
This easy reader takes children step-by-step through the fun of making pizza from scratch. Ages 4-7.

What’s Cooking at 10 Garden Street? by Felicita Sala
Each page of this creative story features a neighbor in their kitchen with the picture recipe of what they are cooking. At the end, everyone comes together for an outdoor feast! Ages 4-8.

Upcoming Zoom STARS class!

When: Saturday, Dec. 11, 10 a.m.-noon
Where: This is a virtual class. You can register using the Library’s online calendar: https://calendar.piercecountylibrary.org/events
Registration will open up two weeks before the class.
Presenters: Silke Rose West and Joseph Sarosy and their workshop, “How to Tell Stories to Children.” For more information and ideas, check out their podcast here: https://howtotellstoriestochildren.com/podcast
**Edible Playdough**

*What you need:*
- 1/4 cup instant pudding
- 3/4 cup corn starch, divided
- 1/3 cup warm water
- Mixing bowl and spoon or fork

In a small bowl, pour the pudding and half of the cornstarch from above and mix.

Pour the water into the bowl and mix. Keep stirring until it looks like a dough is forming. It will be sticky!

Add in the rest of the cornstarch in small amounts stirring as you go.

When the dough gets too hard to stir with a fork, remove from the bowl and knead with your hands. Add in small amounts of cornstarch and knead until the dough no longer feels sticky.

This playdough recipe is wonderful because it is completely edible so safe for children of all ages.

*The possibilities for play are endless!*
- Use cookie cutters and make treats.
- Write or stamp letters or numbers in the playdough.

*Food SHAPES Slicing*

*What you need:*
- Plastic knives
- Cookie cutters
- Any food that is easy to slice or cut with a cookie cutter!

Slicing soft foods like bananas, breads, cheeses, eggs, strawberries, melon slices and cooked vegetables are great activities for working on cooking skills with children AND for developing strength in their hands and fingers – which helps prepare children to write! As children slice these foods, look and talk about the shapes they can create and how the shapes change (from big to small, long to short, one to many)… Add in cookie cutters to make different shapes with sandwiches or bread. You might have basic shape cookie cutters (circle, square, triangle, star, heart) or more complex shapes (animal or holiday shapes) but either way, children can talk about the sandwich shapes they make with their cookie cutters! Children can even create a turkey-shaped sandwich like below!

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**Songs of the Month**

**Apples and Bananas**

I like to eat, eat, eat apples and bananas
I like to cook, cook, cook apples and bananas!

Ask children what they like to eat and sing about those foods…
(example I like to eat, eat, eat cookies and frosting!)

I like to cook, cook, cook apples and bananas
I like to cook, cook, cook apples and bananas!

Ask children what they like to cook and sing about those foods!

*Credit: “Tell Me a Story” from King County Library System - kcls.org/content/*

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**Fun Learning Activities**

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**Applesauce**

*Sing to the tune: Yankee Doodle*

Peel an apple *(pretend to peel)*
Cut it up *(pretend to cut)*
Cook it in a pot *(stir the pot)*
When you taste it you will find *(put spoon to mouth)*
Its applesauce you’ve got! *(rub tummy)*

*Credit: “Tell Me a Story” from King County Library System – kcls.org/content/*

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**Apples and Bananas**

I like to eat, eat, eat apples and bananas
I like to bake, bake, bake apples and bananas!

Ask children what they like to eat and sing about those foods…
(example I like to eat, eat, eat cookies and frosting!)

I like to bake, bake, bake apples and bananas
I like to bake, bake, bake apples and bananas!

Ask children what they like to bake and sing about those foods!

*Credit: “Tell Me a Story” from King County Library System - kcls.org/content/*