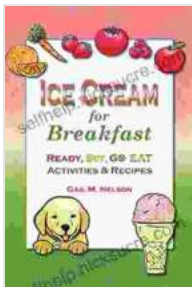


Ready Set Go Eat: A Guide to Fun Food Activities and Recipes for Kids

If you're looking for a way to get your kids excited about cooking and eating healthy foods, look no further than Ready Set Go Eat!



Ice Cream for Breakfast: Ready, Set, Go Eat Activities and Recipes by Gail M. Nelson

★★★★☆ 4.7 out of 5

Language : English

File size : 20653 KB

Screen Reader : Supported

Print length : 320 pages

Lending : Enabled



Ready Set Go Eat is a collection of fun food activities and recipes that will get kids of all ages involved in the kitchen. From simple snacks to full-blown meals, there's something for everyone in this book.

The activities are designed to be educational and engaging, and they teach kids about important cooking skills such as knife skills, measuring, and following instructions.

The recipes are all healthy and delicious, and they use fresh, whole ingredients. Kids will love helping to prepare and cook the food, and they'll be even more excited to eat it when they know they helped make it.

Ready Set Go Eat is the perfect way to get kids involved in the kitchen and teach them about healthy eating habits. With its fun activities and delicious recipes, this book will make cooking and eating a family affair.

Fun Food Activities for Kids

Here are a few of the fun food activities that you'll find in Ready Set Go Eat:

- **Make your own fruit salad:** This is a great way for kids to learn about different fruits and how to cut them. They can also practice their measuring skills by adding the fruit to the salad bowl.
- **Create a vegetable platter:** This is another fun and healthy activity for kids. They can choose their favorite vegetables and cut them into fun shapes. They can also practice their counting skills by counting the vegetables as they add them to the platter.
- **Make a smoothie:** Smoothies are a great way to get kids to eat their fruits and vegetables. They can choose their favorite fruits and vegetables and add them to the blender. They can also practice their measuring skills by adding the ingredients to the blender.
- **Bake cookies:** Baking is a fun and rewarding activity for kids. They can learn about different ingredients and how they work together to create a delicious treat. They can also practice their measuring skills and their fine motor skills by decorating the cookies.
- **Make a pizza:** Pizza is a favorite food for kids of all ages. They can help to make the dough, spread the sauce, and add their favorite toppings. They can also practice their cutting skills by cutting the pizza into slices.

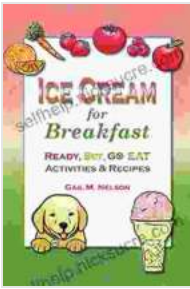
Healthy Recipes for Kids

Here are a few of the healthy recipes that you'll find in Ready Set Go Eat:

- **Fruit salad:** This is a simple and refreshing snack that is perfect for kids of all ages. It is made with fresh fruit, and it is a great way to get kids to eat their fruits.
- **Vegetable platter:** This is a healthy and colorful snack that is perfect for parties or gatherings. It is made with fresh vegetables, and it is a great way to get kids to eat their vegetables.
- **Smoothie:** Smoothies are a great way to get kids to eat their fruits and vegetables. They are made with fresh fruits and vegetables, and they are a delicious and refreshing treat.
- **Baked cookies:** These cookies are made with whole wheat flour and oats, and they are a healthy and delicious treat. They are perfect for a snack or dessert.
- **Pizza:** This pizza is made with whole wheat crust and fresh vegetables, and it is a healthy and delicious meal. It is perfect for a family dinner or a party.

Ready Set Go Eat is a great resource for parents who are looking for ways to get their kids involved in the kitchen and teach them about healthy eating habits. With its fun activities and delicious recipes, this book will make cooking and eating a family affair.

So what are you waiting for? Get your copy of Ready Set Go Eat today and get your kids cooking!



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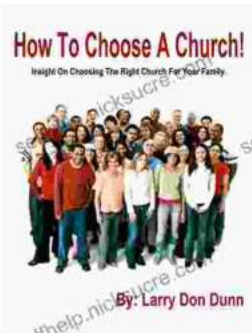
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