



Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up

By Mollie Katzen, Ann L. Henderson

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The classic kids' cookbook with easy recipes for healthy, fun, and delicious food.

Mollie Katzen, renowned author of *The Moosewood Cookbook*, and educator Ann Henderson bring the grown-up world of real cooking to a child's level. Children as young as three years old and as old as eight become head chef while an adult serves as guide and helper. Extensively classroom- and home-tested, these recipes are designed to inspire an early appreciation for creative, wholesome food. Whimsical watercolor critters and pictorial versions of each recipe will help the young cook understand and delight in the process. Just consider all that can be explored in the kitchen: counting, reading readiness, science awareness, self-confidence, patience, and, importantly, food literacy. Pizza, after all, does not come "from a telephone."

You and your child can have great fun finding this out!

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Editorial Review

Amazon.com Review

Pretend Soup has rapidly become *the* children's cookbook classic, and no home or daycare center should be without a copy. Mollie Katzen, author of the *Moosewood Cookbook*, and educator Ann Henderson have created a masterpiece formatted for grown-ups--with written instructions, suggestions, and caveats--and for kids--with illustrated, easy-to-follow pictures. The recipes are both tasty and healthy, and the quotes from kids are very funny (Matthew: "This is so good, I can't even say a word.") While safety is stressed and tips and warnings are included, Katzen and Henderson always stress the fun in food preparation. "Spills are what sponges are for. So keep plenty of sponges around, and a good time will be had by all!"

From School Library Journal

PreSchool-Grade 3-The theme of this fine cookbook is that cooking is a many-splendored thing. The book's purpose is "to enable very young children to cook as independently as possible under the gentle guidance of an adult partner." Each of the 17 recipes appears twice, once in words and once in full-color pictures. The child is the focus here: attention is paid to physical ability, comfortable work levels, and variety of tactile experience. A long list of skills and attitudes children can gain from cooking supports the idea that the process is more important than the product. Quotes reflect the young cooks' keen observation and joyful participation. Parents' Nursery School's Kids Are Natural Cooks (Houghton, 1974) also uses natural foods and has the same intent as this title. That book is arranged by season and contains more recipes; Pretend Soup focuses more on the processes. Anyone who works or plays with young children would benefit by having both.

Carolyn Jenks, First Parish Unitarian Church, Portland, ME

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From [Booklist](#)

Katzen (of *Moosewood Cookbook* fame) teamed up with educator Henderson to produce this cookbook directed to very young children. It includes wonderful input from kids who've found their way into the kitchen: "I thought it was going to be gross, but it turned out good!" "I smell some pizza, dudes!" But the real joy is in the shared experience the book promotes. Each recipe begins with instructions to grown-ups, who function mainly as kitchen helpers and safety monitors. Kids can really do most of the work themselves by referring to simple, carefully sequenced sketches designed especially for them. As far as the recipes are concerned, kids and parents will be in for a nice surprise, for there's not a hot dog or chicken finger in evidence. Instead, we're talking real food--popovers, homemade lemon-lime soda pop, noodle soup, and quesadillas--delivered in recipes nicely scaled down for children to manage easily. *Stephanie Zvirin*

Users Review

From reader reviews:

Charles Settles:

Book is to be different for every grade. Book for children till adult are different content. As we know that book is very important for all of us. The book Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up was making you to know about other information and of course you can take more information. It is quite advantages for you. The e-book Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up is not only giving you considerably more new information but also to become your friend when you feel bored. You can spend your own personal spend time to read your guide. Try to make

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