

Books & Learning

ADVENTUROUS EATERS: MAKE HEALTHY EATING FUN FOR EVERYONE!

Recommended for Ages 6 - 12

Turn picky eaters into adventurous ones with these fun cookbooks, science books, and more!

Books

[*The Complete Cookbook for Young Chefs*](#) by America's Test Kitchen

[*Adventures in Veggieland*](#) by Melanie Potock

Gale Virtual Reference Library

[*Do You Really Taste with Your Nose?: Questions About the Senses*](#) by Thomas Canavan

[*Are You What You Eat?: A Guide to What's on Your Plate and Why!*](#)

Access free eBooks with your library card to learn about the science behind food and eating.

Streaming Videos

YouTube: Chase 'N Yur Face

youtube.com/user/ChaseNYurFaceTV

Follow Chase Bailey, a young cook who celebrates overcoming the fear of food by showing you how to make it yourself!

Free Online Courses

Universal Class: Cooking and Baking 101

library.universalclass.com/i/librarycourse/learn-cooking-and-baking.htm

Learn all about cooking, from supplies to get started to reading recipes and planning meals.

Useful Websites

ChooseMyPlate

choosemyplate.gov

The U.S. Department of Agriculture's official webpage for children and nutrition features tips for raising picky eaters, food group information, and a free app to track daily goals.

Digital Magazines

Clean Eating, Girls' World, Food Network Magazine, and more!

colapublibca.rbdigital.com/search/emagazine?page-index=0&page-size=60

These magazines with recipes for families are available for free with your library card.