

# Books & Learning

## COOKING FOR TEENS

Develop cooking skills and impress family and friends with healthy and delicious new recipes for beginners and experienced cooks alike!

### Books

[\*The Teen Kitchen: Recipes We Love to Cook\*](#) by Emily & Lyla Allen

[\*Teens Cook Dessert\*](#) by Megan & Jill Carle

[\*The Unofficial Hunger Games Cookbook\*](#) by Emily Ansara Baines

### Free Online Courses

*Gale Courses: Luscious, Low-Fat, Lightning-Quick Meals*

[tinyurl.com/vb6n7qm](http://tinyurl.com/vb6n7qm)

Learn how to prepare meals that are both delicious and nutritious with this online course.

*Universal Class: Cooking and Baking 101*

[library.universalclass.com/i/librarycourse/learn-cooking-and-baking.htm](http://library.universalclass.com/i/librarycourse/learn-cooking-and-baking.htm)

This course covers basic kitchen supplies, how to read recipes, and how to plan meals.

### Streaming Video from Kanopy

*The Everyday Gourmet: Making Healthy Food Taste Great*

[lacounty.kanopy.com/video/everyday-gourmet-making-healthy-food-taste](http://lacounty.kanopy.com/video/everyday-gourmet-making-healthy-food-taste)

In this instructional video, learn how to use healthy ingredients to spice up your diet.

### Digital Magazines

*Taste of Home*

[rbdigital.com/colapublib/service/magazines/landing?mag\\_id=1109](http://rbdigital.com/colapublib/service/magazines/landing?mag_id=1109)

Download this magazine for free and get tips and recipes using everyday ingredients.

### Useful Websites

*Cook with Amber*

[cookwithamber.com](http://cookwithamber.com)

Learn from 16-year-old Amber Kelley, cookbook author and winner of Food Network Star Kids.

*U.S. Fire Administration: Cooking Fire Safety*

[usfa.fema.gov/prevention/outreach/cooking.html](http://usfa.fema.gov/prevention/outreach/cooking.html)

Learn how to cook safely with information about fire risks and how to prevent cooking fires.