

Childhood Obesity Awareness Month
September 2026



Good books
For young cooks



Good books for young cooks

September – also known as National Childhood Obesity Awareness Month – is the perfect time for kids and the adults in their lives to lean into healthy foods. The following cookbooks could stoke readers' appetites for cooking, and consuming, wholesome meals and snacks.



Kids Can Cook!: 171 Fun Foods You Can Make!

Got a kid who wants to take over the kitchen? This book is packed with 171 recipes the whole family can tackle together. From snacks to full meals, there's something for every skill level. "Kids Can Cook!" is basically an excuse to make a delicious mess, and call it quality time.

The How-To Cookbook for Young Foodies: 75 Skills + Recipes That'll Make You a Great Cook for Life

This isn't just a cookbook. It's a cooking education. The team behind Delish put together 75 skills and recipes to turn little foodies into genuinely capable cooks. Think of "The How-To Cookbook for Young Foodies" as leveling up, one technique at a time, with seriously tasty results along the way.

Cooking Up Change: Grandma's Recipes From a Year in Black History

Part history lesson, part cookbook, all heart. Teen chef Michael Platt and his grandmother walk through 12 pivotal moments in Black history – and pair each one with a recipe to match. "Cooking Up Change" is the kind of book that feeds your mind and your stomach at the same time.

Cook with Clydeo: A Cookbook for Kids

Yes, Jennifer Aniston made a kids' cookbook that is actually quite good. Her cartoon rescue dog Clydeo leads little chefs through 35 beginner-friendly recipes with silly names and big personality. Whether you're making lasagna or s'mores dip, Clydeo makes every step feel like a fun adventure in the kitchen.

How to Cook for a Dragon: Olde Recipes for Young Chefs

What does a dragon eat? This cookbook sends young readers on a quest to find out, mixing real recipes with dragon lore along the way. "How to Cook for a Dragon" is perfect for kids who think cooking is boring. Because apparently everything is more exciting when a fire-breather is involved.

Sweet & Salty!: King Arthur Baking Company's Cookbook for Young Bakers

From the legendary King Arthur Baking Co. comes a cookbook that leans into the best flavor combo ever: sweet *and* salty. Young bakers get to learn from pros who literally run baking schools. Expect indulgent, impressive results and – just maybe – a kid who never wants to leave the kitchen again.

About this issue: Six cookbooks, loads of inspiration. Produced nine times per year, this publication is exclusively distributed to clients of Thompson Hospitality and Compass Group, both world leaders in foodservice.. To contact us, send an email to marketing@thompsonhospitalityjv.com. ©2026 Thompson Hospitality and Compass Group. Produced by Content Spectrum.

