



Good books  
for young cooks

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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.

## **Real Food for Healthy Kids**

By Tracey Seaman and Tanya Wenman Steel

“Real Food for Healthy Kids: 200+ Easy, Wholesome Recipes” features easy-to-make recipes encompassing breakfast, snacks, lunch, dinner and even parties. Think Carrot Cake Oatmeal, Hail Caesar, Jr. Salad, Happy Apple Toddies or Princess and the Pea Risotto. Every recipe has been taste-tested by children and analyzed by a nutritionist.

## **Kids’ Healthy Cookbook**

By Rise Learning

Thirty recipes for budding and intermediate chefs ages 3 to 18, and mouthwatering food photos fill the pages of “Kids’ Healthy Cookbook: Fun and Easy Recipes for Breakfast, Snacks, Lunches and Dinners to Cook Together as a Family.” Publisher Rise Learning’s family-centric cookbook, published in 2024, is now in paperback form.

## **The Vegan Cookbook for Kids**

By Barb Musick

Geared to kids in grades four to six, “The Vegan Cookbook for Kids: Easy Plant-Based Recipes for Young Chefs” breaks down common plant-based ingredients, essential kitchen utensils and cooking safety guidelines. But wait, there’s more – as in 50 recipes representing global cuisines and a guide to skills every cook needs to master in the kitchen.

## **Healthy Food for Healthy Kids**

By Pete Evans

Chef and author Pete Evans delivers a 288-page cookbook filled with paleo- and keto-friendly meals. Baby food recipes, meals such as low-carb Fish Tacos, sugar-free desserts and gluten-free breads are just some of the offerings in “Healthy Food for Healthy Kids: 120 Simple, Nourishing, Gluten- and Dairy-Free Recipes Your Whole Family Will Love.”

## **Little Helpers Toddler Cookbook**

By Heather Wish Staller

Yes, toddlers can cook, too – alongside adults, of course. “Little Helpers Toddler Cookbook: Healthy, Kid-Friendly Recipes to Cook Together” introduces budding chefs, primarily ages 2 to 4, to kid-friendly kitchen tools and new flavors. Each recipe features a difficulty ranking, instructions explaining which steps are toddler-safe and space to record the kitchen experience.

## **Kid Smoothies**

By Erin Fletter

More than 40 recipes that don’t require using a stove or tons of equipment? That’s what you’ll find in “Kid Smoothies: A Healthy Kids’ Cookbook: Smoothie Recipes Kids Will Love to Make.” Newbie chefs ages 6 to 9 will appreciate the simple instructions and inventive liquid concoctions they can make in this 144-page book.

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