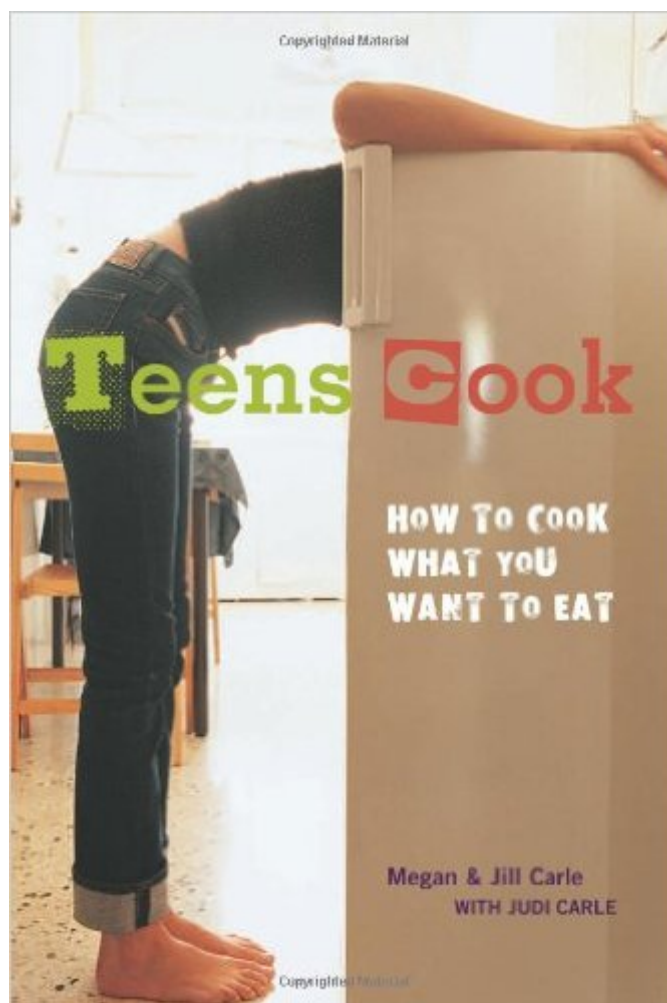


The book was found

# Teens Cook: How To Cook What You Want To Eat



## Synopsis

Cooking for teens, like finding the perfect gift for teen boys and girls, is almost impossible.

Teenagers like what they like, and they will only eat what they like. But instead of causing mealtime strife, now they can learn to cook those foods themselves. With over 75 delicious recipes for meals at all times of the day—breakfast, snacks, sides, dinners, and dessert, too—TEENS COOK is a guide to everything teenagers (and tweens) need to learn about conquering the kitchen without accidentally setting the house on fire. Written by teens and for teens in easy-to-follow instructions, authors Megan and Jill Carle give young readers advice on how to maneuver their kitchen in a language they'll understand (and actually listen to). The Carle sisters pass on their knowledge of how to decipher culinary vocabulary, understand kitchen chemistry (why stuff goes right and wrong when cooking), adapt recipes to certain dietary restrictions (like vegetarianism), and avoid all sorts of possible kitchen disasters. TEENS COOK is not only a fantastic teen gift—it's the perfect cookbook to inspire young adults to take interest in their diets, and empower them to try a new and tasty hobby.

## Book Information

Paperback: 160 pages

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Product Dimensions: 7.6 x 0.4 x 11.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars— See all reviews— (191 customer reviews)

Best Sellers Rank: #8,721 in Books (See Top 100 in Books) #2 in Books > Teens > Hobbies & Games > Cooking #3 in Books > Teens > Personal Health > Diet & Nutrition #12 in Books > Children's Books > Children's Cookbooks

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Very well written. Easy to follow recipes with great illustrations. Tasty meals, wide range for all taste buds. The best cookbook by far I have ever used. For teens and anyone alike. Great buy totally recommended.

I purchased this book for my 11 year old daughter to help cultivate her growing interest in cooking and to inspire her to broaden her palate and eat healthier. I'd say it has accomplished both objectives. Most of the recipes she can prepare herself with very little help from me so she feels very independent and is enjoying being an active participant in our family meal planning. She is so happy about being in the kitchen and cooking she actually enjoys doing the dishes too!![...]

Great book for teens who don't know how to make anything and love to eat or teens who think they know how to make it all. The books s just as it's sub-title, "how to cook what you want to eat." It has great recipe alternatives to eating in instead of dining out--and learning something new while you're at it!Receipes include sections of breakfasts, lunches, dinners, snacks, desserts. Most food that you go out to eat, you can find the receipe in here!

My 12 year old pre-teenage son (who is already pretty handy in the kitchen) found this at our local library and has been going on and on and on about all the neat recipes and how easy they were for him to understand. He asked if he could start cooking some dinners for our family (using these recipes). I was like, "Uuuggh...Okay, I'll let you. If you promise to clean up." (You can never look anxious to a teen - or it ruins their fun. But inside I was doing a cart wheel - I do not enjoy cooking.) I looked through the book myself. The recipes look yummy and simple and there are all kinds of tips along the way. I like the recipes because all of the ingredients appear to be things that I can pick up at our local market. I'm buying my own copy and will buy more as gifts for teens.UPDATE: The son I mentioned (above) is now turning seventeen and he and his sister and younger brother still turn to these books (same authors) for dinner and desserts. They are great!

I LOVE this book! As a college student living in her first apartment, I find these recipes so easy and fun. I even got my roommates to start cooking too. Also, I've found this book is a great move-in gift for my fellow students learning how to live on their own. What better way to help out a college student then helping them forgo pizza everyday?!

My daughter received this book and we both love it. The entree recipes provide clear directions and come with side-dish suggestions and general cooking tips. Any teen who wants to move cooking skills beyond the microwave should own this book and the partner book Teens Cook Dessert. The recipes in both are delish!

My daughter checked out this book from our public library, she was sooooo excited when she was able to cook the things in the book without much help from me. When she would finish, it would be GREAT!!!! I will defiantly be purchasing this book.

This recipe book gives such a wide assortment of recipes for young people to use almost everyday. The recipes are easy to understand, ingredients are everyday items, and there are plenty of hints and tips to help the novice chef. My niece (high school) and daughter (college) both received copies from me and both are enjoying their cooking experiences from this book. I have even used some of the recipes since they are great for working women who need to put something together quickly and still feel like they are putting on a "home-cooked" meal.

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