

LORGNETTE

Quarterly Review of Children's and Young Adults' Books

Author

Atherton, David

Illustrator

Illustrated by Harry Woodgate

Reviewer

Carruth, Leah D

Pages

67p

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Nonfiction (641.5)

Grade Level

K-6

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Book Review: DAVID ATHERTON'S BAKING BOOK FOR KIDS

Encouraging children to eat healthier can be a daunting task when unhealthy food is so readily available. David Atherton brings a fresh look at how children can create foods at home that help them eat healthier. The book is broken down into five sections: breads, cakes, cookies and sweet treats, pastries, and showstoppers. While these may not always sound like healthy options, the book teaches children how to create all of the food as well as to internalize the idea that food made at home is healthier than processed foods.

This book is a great addition for any kitchen, especially those with young children. The book is well-organized with a table of contents showing all sections and recipes within each section. An "Art of Baking" page is included to explain the reasoning behind some of the instructions as well as a "Baking Pantry" section to show why certain ingredients are used in baking. Each recipe includes fun illustrations and engages the reader. For example, the 13 steps for the "Crunchy Critter Breadsticks" recipe are organized in squares across the bottom portion of the pages. With each square is a picture, the number of the step, and instructions. There is a paragraph explaining why these are fun to make, pictures of the food, and amounts for all ingredients. In keeping with the theme of this particular recipe, there are bugs drawn around the page and a grasshopper who says this recipe makes 12 breadsticks. The same format is presented throughout the entire book.

