

## New kids recipes, a 2 year old making chilli, and advice from The Times Children's Food Expert

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Hi all,  
What a busy summer!

Here's your run-down of some of the new items added to the website:

### **How To Section**

Several members asked for some more how-to items, so I've started collecting video and photos of growing and cooking to put on the website, but in the meantime I have started to find other people's useful bits and pieces to add to the how-to section. If you find any good explanatory articles, photos or videos, do let me know. So far I have put on some links to skills videos for preparing food.

**How kids can safely peel potatoes** <http://www.thefoodies.org/how-to.asp?categoryID=35&resourceID=160>

**How to safely use a grater** <http://www.thefoodies.org/how-to.asp?categoryID=35&resourceID=160>

**Safe chopping – the claw grip** <http://www.thefoodies.org/how-to.asp?categoryID=35&resourceID=160>

**and the bridge hold** <http://www.thefoodies.org/how-to.asp?categoryID=35&resourceID=157>

### **Fi Bird's recipes**

Fi Bird, author of Kids Kitchen, has kindly sent over some of her recipes for us to add to the site. I'll be adding them over the next few weeks, but so far I have added:

**Summer Pea Soup** <http://www.thefoodies.org/resources.asp?categoryID=22&resourceID=150>

**Mini Sweetcorn, Bacon and Chive Frittatas**

<http://www.thefoodies.org/resources.asp?categoryID=22&resourceID=153>

### **Teeny Kids Cooking Videos**

I've found two great videos of very young children cooking which you might like to pick up some tips from:

**Banana, peanut butter and chocolate smoothie** – I like how they freeze the bananas first – one of my own tricks for over-ripe bananas - <http://www.thefoodies.org/resources.asp?categoryID=32&resourceID=155>

**Watch 2 year old Sunny make a chilli.** Some clever prep from Mum makes this possible even with a baby under one arm! <http://www.thefoodies.org/resources.asp?categoryID=32&resourceID=156>

### **On The Blog**

My kids have been recipe testing again – this time smoothies, and marble cakes. See how they got on making these recipes which are sold as being intended for children to cook, and what mark out of ten we gave them for taste:

**Cool Berry Smoothie With Tofu** - <http://www.thefoodies.org/blog.asp?blogID=28>

**Marble Cakes** - <http://www.thefoodies.org/blog.asp?blogID=29>

And last but not least, **I interviewed Beverley Glock**, who runs a children's cookery school and writes on children's food for The Times. I asked her how to get kids involved in the kitchen. Her interesting and sometimes surprising answers are here: <http://www.thefoodies.org/blog.asp?blogID=32>

Happy Autumn harvest everyone!

Best wishes  
Joanne