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Get ready to make some of the yummiest snacks you'll ever put in your tummy! The delicious recipes in *Artful Snacks* are super easy to make. Many of them come with ideas for creating treats that are visually interesting as well as tasty. Once you make a recipe, try your own ideas for making the snack look like a work of art!

The great thing about making your own food is that you know exactly what goes into it. When you make your own snacks, for example, you can carefully choose healthy ingredients. You can limit items with **preservatives**, which are not always good for your body. You can also choose **low-fat** dairy products instead of full-fat items to make your snacks more heart healthy. Too many calories, especially from foods high in fat or sugar, may lead to **obesity**. Use the ideas on page 22 for making the healthy snacks in this cookbook even more nutritious.



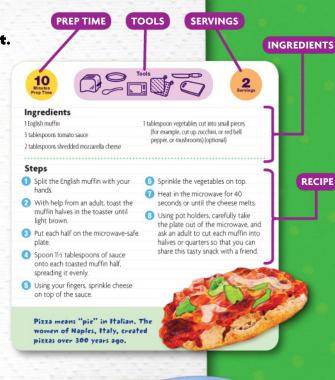
Getting Started

Use these cooking and safety tips, as well as the tool guide, to make the best snacks you've ever tasted.

Tips

Here are a few tips to get your cooking off to a great start.

- Quickly check out the Prep Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
- Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
- Before and after cooking, wash your hands well with warm soapy water.
- Wash fruits and vegetables with edible skins before using them in the recipes.
- Put on an apron or a smock to protect your clothes.
- Roll up long shirtsleeves to keep them clean.
- Tie back or cover long hair to keep it out of the food.
- Very important: Keep the adults happy by cleaning up the kitchen when you've finished cooking.





Be Safe

Cook safely by having an adult around to help with these activities:

Using a sharp knife or peeler

Using the stove, microwave, blender, food processor, toaster, or other electrical appliances

Removing hot pans from the oven (Always use pot holders.)

Frying foods on top of the stove (Keep the heat as low as possible to avoid burns from oil splatter.)

Tools You Need

Many of the recipes in this book require a stove, refrigerator, toaster, or microwave oven. Most recipes also require four or five other common kitchen tools.*



^{*}If you do not have a particular tool, you can usually substitute another. For example, if you do not have a particular kind of knife or spoon—another kind will often work just fine.

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Learn More Online

To learn more about making artful snacks, visit www.bearportpublishing.com/YummyTummyRecipes

About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students, her three children, and her three grandchildren. Marilyn lives in Brightwaters, New York, with her husband, Philip.







When you make your own food, you are taking a giant step toward eating healthier. Plus, it's great fun!

The recipes in this book are all nutritious and dee-licious. Just follow the easy directions, and in no time at all, you and your friends will be enjoying fun-to-look-at, fun-to-eat snacks that are amazingly tasty works of art!

Artful Snacks

Super 'Wiches

Cool Cookies

Way Cool Drinks



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