Additional Resources

Cooking Matters

At Cooking Matters.org, you can find handouts for kids ready to print.

<https://cookingmatters.org/kids-handouts>

Myplate.gov

At myplate.gov, you can find printable word scrambles, coloring sheets, and ten tip sheets.

<https://www.choosemyplate.gov/printable-materials>

Stanford University

At Coursera.org, you can find a free online course on child nutrition and cooking.

<https://www.coursera.org/learn/childnutrition>