

## **Cooking for Kids and Reading for Parents**

*First Meals.* Annabel Karmel. New York, NY: DK Publishing, Inc.; 2004.

*How Much is Enough? Everything You Need to Know to Steer Clear of Overindulgence and Raise Likeable, Responsible and Respectful Children.* Jean Illsley Clarke, Connie Dawson, David Bredehoft. New York, NY: Marlowe & Company; 2004.

*Feeding the Young Athlete.* Cynthia Lair, Scott Murdoch. Seattle, WA: Moon Smile Press; 2002.

*Special Diets for Special Kids Two: More Great-Tasting Recipes & Tips for Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders.* Lisa Lewis. Arlington, TX: Future Horizons; 2001.

*Secrets of Feeding a Healthy Family.* Ellyn Satter. Madison, WI: Keley Press; 1999.

*Encyclopedia of Natural Healing for Children and Infants.* Mary Bove. New Canaan, CT: Keats Publishing, Inc; 1996.

*Kids in the Kitchen: 100 Delicious, Fun & Healthy Recipes to Cook & Bake.* Micah Pulleyn, Sarah Bracken. New York, NY: Sterling Publishing Co., Inc.; 1994.

*Feeding the Whole Family.* Cynthia Lair. San Diego CA: LuraMedia; 1994.

*Pretend Soup: A Cookbook for Preschoolers and Up.* Mollie Katzen, Ann Henderson. Berkeley, CA: Tricycle Press; 1994.

*Is This Your Child?: Discovering and Treating Unrecognized Allergies.* Doris J. Rapp. New York, NY: William Morrow and Co.; 1991.

*Meals Without Squeals.* Christine Berman, Jacki Fromer. Palo Alto, CA: Bull Publishing Company; 1991.

*Tracking Down Hidden Food Allergies.* William Crook. Jackson, TN: Professional Books; 1989.

*Superimmunity for Kids.* Leo Galland. New York, NY: Dutton; 1988.

*How to Get Your Child to Eat ... But Not Too Much.* Ellyn Satter. Palo Alto, CA: Bull Publishing Co.; 1987.

Some of the older books are still easy to get on Amazon.com for very reasonable prices. These books are classics and should not be ignored because they aren't recent.