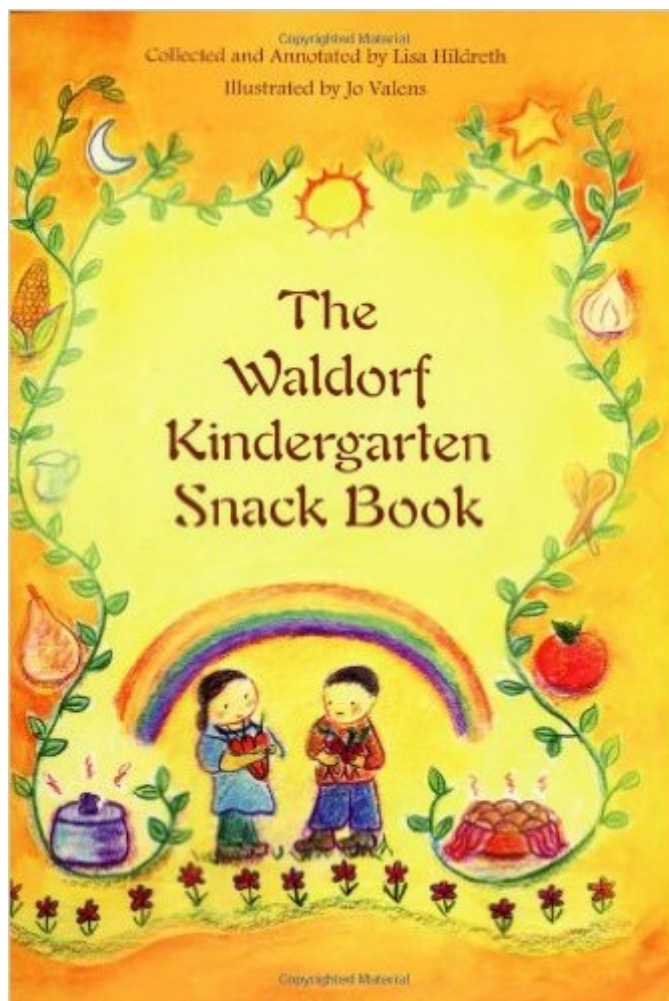


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# The Waldorf Kindergarten Snack Book



## Synopsis

Here is a useful compendium of information, recipes, and anecdotes from Waldorf kindergarten teacher Lisa Hildreth • a rich book for teachers, parents, and anyone who cares for young children. Create soups, breads, and fruit dishes with children, while learning and teaching them how various foods affect us and how to use healthy ingredients to make delicious and nutritious snacks. Whimsically and joyously illustrated by kindergarten teacher Jo Valens, you will find yourself turning to this book time and again when it's snack time. The author has also included a chapter on birthday and festival foods.

## Book Information

Paperback: 64 pages

Publisher: Bell Pond Brooks (November 1, 2005)

Language: English

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Product Dimensions: 0.2 x 7 x 9.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars • See all reviews • (14 customer reviews)

Best Sellers Rank: #162,001 in Books (See Top 100 in Books) #51 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #5679 in Books > Textbooks > Education #9947 in Books > Education & Teaching > Schools & Teaching

## Customer Reviews

This is a lovely little book, and the recipes are great. Creative, fun, and nutritious, and many of the recipes if not most of them can be prepared with the kids' participation. But the best feature of the book is that it's spiral-bound, which means you can rip out pages 1-10 and responsibly recycle them. These are ostensibly about "Planning Your Snacks" but are full of unreconstructed gliblets of residual anthroposophic philosophy about food that has far more in common with folklore or urban legends than it does with any modern understanding of food science and nutrition. This leads to the authors wholly digesting and extruding such thoughts as, when recommending against feeding children tomatoes, peppers, eggplants, and potatoes, "The normal protein forming process in the seed, takes the abnormal course of making alkaloids, and the nightshades have an above-average nitrogen content. As adults with an ego fully incarnated, we are able to deal with this influence, but for a child whose ego is in the process of incarnation and body building, it is a different matter." You

might as well start blaming malaria on bad vapors from tomatoes once again. Or, in recommending against eating them: "Bananas contain good nourishment but not much vitalizing force."The introductions to each section are similarly baked with falderal and topped with a fine grating of phooey. For example, an erroneous blanket statement about the historical (well, "cosmological" to use the book's own word) origins of the names of the days of the week, and disturbing pseudo-science such as "Rice...

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