



COOKING

WITH CHILDREN

Petra Novotná

for mothers
and children
from 3 to 10 years

Petra Novotná is a degreed graphic designer, mom, photographer, passionate cook, and, above all, a very skillful artist who not only wrote this book but also prepared the meals and took the photos. In 2016 she won the World Photo Prize "Food Photographer of the Year" in the "Cream of the Crop" category in London. She is also a Jamie Oliver ambassador in the Czech Republic.

It all started on her maternity leave. Petra was still going through the process of discovering new raw materials and new dishes and began taking pictures of her creations. She founded the blogs Kuchařinka.cz and Natalířek.cz where she cooked and still cooks with and for children. One day she realized her wooden spoon and camera were the two most utilized objects in her life at that moment, so she combined her passion and experience and became a food photographer.

This cookbook is a great inspiration to all moms who love to cook original, tasty and healthy meals for their children, and also for all those who love to spend time in the kitchen with kids, teaching them step by step how to use a spoon and other utensils.

Petra Novotná may be a graphic designer and photographer, but she is foremost a mom who has prepared, with help from her small children, a cookbook full of colorful dishes that will taste great to both children and adults. Such meals are presented in a way that kids can show off their creativity and other skills. Petra wants to share with other moms her no-stress attitude towards what is "on the plate" (the name, in English translation, of one of her food blogs) and also demonstrate how the kitchen can even be a place to have a little fun!

This book is written for both mothers and children. Instructions for small cooks are in bold, while instructions for the parents can be found in standard fonts. Teach your children to recognize a variety of food products and their attributes, to stir and roll, to carefully chop fruits and vegetables into a salad, and most importantly how to enjoy a great meal!

Hardcover, size 170 x 240 mm, 208 pages

Each recipe features a color photo and beautiful color illustrations for each of the food ingredients introduced

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1
LET'S TAKE A TRIP

Meals in a box,
for travel and for school

2
(CHILDHOOD IS SWEET,
ISN'T IT?)

Ice cream, slices, cakes
and other treats

3
A CELEBRATION
FOR LITTLE PRINCESSES

No boys allowed!

4
PIRATES
ON THE HORIZON!

An adventurous celebration
for boys only!

5
EATING OUTSIDE

The best ideas for a picnic

6
FEET UP, IT'S TIME
TO MUNCH

Snacks that go with cartoons
and more

7
HURRY UP,
IT'S ALMOST TV TIME!

Light dinners
in 30 minutes or less

8
DOWN WITH HUNGER!

Delicious morning
and afternoon snacks

9
SANTA BRINGS GIFTS,
YOU AND MOM
BAKE COOKIES

Christmas is almost here

10
IT'S LIQUID, IT SMELLS
GOOD, WHAT IS IT?

You guessed it –
homemade drinks

11
YOUR BUNS ARE
ESPECIALLY WELL DONE

Homemade baked
goods are best

