



## References and Resources

### **Food and Nutrition Resources:**

***A Bakers Dozen.*** DVD with 13 segments, 120 topics on measuring, ingredient functions, how-tos. [www.homebaking.org](http://www.homebaking.org)

***Amazing Wheat.*** Kansas Wheat Commission/Wheat Foods Council. Activities, video available. T: (785) 539-0255 [www.kswheat.com](http://www.kswheat.com) and Wheat Foods Council (303) 840-8787 [www.wheatfoods.org](http://www.wheatfoods.org)

**American Dietetic Association.** Resources, references, research. [www.eatright.org](http://www.eatright.org)

**American Institute of Cancer Research.** *The New American Plate, Homemade meals.* [www.aicr.org](http://www.aicr.org)

**America's Test Kitchen.** Live how-to videos, food science, and more. [www.americastestkitchen.com](http://www.americastestkitchen.com)

**Baking Labs.** Kansas Wheat Commission. [www.kswheat.com](http://www.kswheat.com) Click on Educator resources.

***Baking for Success.*** DVD contains three lesson guides, worksheets and 20-minute video demonstrating brownies, cornbread and foccacia flat bread. Home Baking Association. 2008. [www.homebaking.org](http://www.homebaking.org)

***Baking 9-1-1: The Answers to the Most Frequently Asked Baking Questions.*** 2003. Sarah Phillips. Simon and Schuster. [www.baking911.com](http://www.baking911.com) or [www.amazon.com](http://www.amazon.com) ISBN 0-7432-4682-9.

***Baking Resource Guide.*** Home Baking Association, 2008. Guide to tested and reliable recipes, cookbooks, videos, posters and baking tips. View and download at [www.homebaking.org](http://www.homebaking.org).

***Bread Machine Activity Guide.*** 2002. Bread Machine Industry Association. Contact: [www.homebaking.org](http://www.homebaking.org)

***Butter Basics.*** Wisconsin Dairy or Land O Lakes websites: Click "Other Dairy," [www.eatwisconsincheese.com](http://www.eatwisconsincheese.com) and more at [www.landolakes.com](http://www.landolakes.com)

***Children's World Cookbook.*** Wilkes, Angela and Watt, Fiona. Usborne Internet-linked book. ISBN:0-439-44292-3 Usborne Quicklinks Web-site [www.usborne-quicklinks.com](http://www.usborne-quicklinks.com)

***Cooking School.*** Reynolds Kitchens. [www.ReynoldsKitchens.com](http://www.ReynoldsKitchens.com)

***Cooking Wizardry for Kids.*** Margaret Kenda and Phyllis Willams. Barron's Ed. Series.

***Culinary Essentials.*** Johnson & Wales University, Glencoe/McGraw Hill, 2006.

***Diabetes Health Monitor.*** Current, accurate guidance, information, resources. [www.healthmonitor.com](http://www.healthmonitor.com)

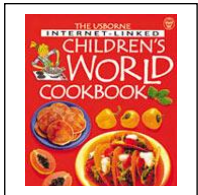
***Eggyclopedia.*** American Egg Board. Call 847.296.7043 or <http://www.aeb.org/LearnMore/Eggyclopedia.htm>

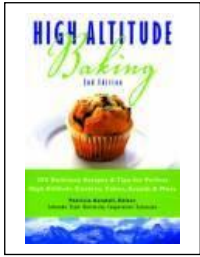
***Food Lover's Companion.*** Sharon Tyler Herbst. Barron's Cooking Guide. <http://www.barronseduc.com/cooking.html>

***Food Science\_***Mehas and Rogers, Glencoe/McGraw Hill. 2004.

***From Wheat to Flour, Field to Fork*** resources. North American Millers' Association. [www.namamillers.org](http://www.namamillers.org)  
Wheat Foods Council, [www.wheatfoods.org](http://www.wheatfoods.org)

***Fruits and VeggiesMoreMatters.*** Free How-to videos, Get Kids Involved, Cooking, Meal and Health resources. [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

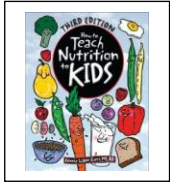




**High Altitude Baking.** Patricia Kendall, Colorado State University 3D Press. 2003. ISBN 1-889593-06-0 Order Toll free: 888-456-3607 or [www.3dpress.net](http://www.3dpress.net)  
Colorado State University Extension publications, **www.cerc.colostate.edu T: 1 970.491.6198**

**History Cooks** series. (Colonial, Native American, Pioneer, Lewis and Clark, Southern Plantation, Oregon Trail) Mary Gunderson. [www.historycooks.com](http://www.historycooks.com)

**How to Bake a Loaf of Yeast Bread** and more from Fleischmann's Yeast. [www.breadworld.com](http://www.breadworld.com)



**How to Teach Nutrition to Kids.** Evers, Connie Liakos, MS, RD. 2006. 24 Carrot Press, Tigard, OR. An integrated, creative approach to nutrition education for children ages 6-10. ISBN 0-9647970-1-1 [www.nutritionforkids.com](http://www.nutritionforkids.com)

**International Food Information Council.** Food Insight Newsletter. [www.ific.org](http://www.ific.org)



**Kansas State University Extension Food and Nutrition Links.** <http://www.oznet.ksu.edu/humannutrition/nutlink/n2.htm>

**Kids in the Kitchen.** Micah Pulleyn & Sarah Bracken. Sterling Publishing, NY. 1994. ISBN 0-8069-0447-X

**Kneaded Notes.** Red Star and SAF Yeast. [www.redstaryeast.com](http://www.redstaryeast.com)

**Kneadlessly Simple.** By Nancy Baggett, ISBN: 978-0-470-39986-6. John Wiley & Sons, Inc. February 2009

**Living Well.** National Association of Extension Family & Consumer Sciences resources. Find a local office, professionals in FCS, Nutrition and Youth--<http://www.learningandlivingwell.org/>

**Loaves of Fun.** Harbison, Elizabeth M. 1997. Chicago Review Press. A history of bread with activities and recipes from around the world. ISBN: 1-55652-311-4

**Martha White Test Kitchen.** Click on Cook's Corner, Tips & Tricks. [www.marthawhite.com](http://www.marthawhite.com)

**Rising to the Occasion.** Fleischmann's Yeast. 1999. 1-800-777-4959 or [www.breadworld.com](http://www.breadworld.com)

**The All-American Cookie Book.** Nancy Baggett. Houghton Mifflin. 2001. ISBN: 0-395-91537-6 [www.kitchenlane.com](http://www.kitchenlane.com)

**The Baking Sheet.** The King Arthur Flour Company. Six publications annually-.T: 802.649.3717 or subscribe at [www.kingarthurfour.com](http://www.kingarthurfour.com)

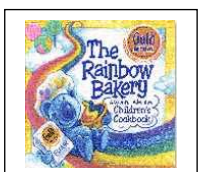
**The Cook's Thesaurus.** [www.foodsubs.com](http://www.foodsubs.com)

**The Food Journal of Lewis and Clark: Recipes for an Expedition.** Mary Gunderson. 2003. [www.historycooks.com](http://www.historycooks.com) ISBN 0-9720391-0-4

**The Nemours Foundation.** [www.kidshealth.org](http://www.kidshealth.org) and [www.teenshealth.org](http://www.teenshealth.org)

**Tips and Techniques.** Baking videos, glossary, recipes—all on-line from Land O' Lakes test kitchens. [www.landolakes.com](http://www.landolakes.com)

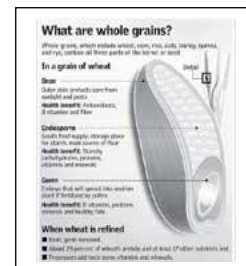
**The Rainbow Bakery. A Color-full Adventure Children's Cookbook.** 33 flour-based craft and baking projects for children. Order and info at <http://www.bettycrocker.com/products/gold-medal-flour/cookbooks-for-kids.htm> (Viewed 2/9/2009).



**United State Dept. of Agriculture** My Pyramid resources for kids. <http://teamnutrition.usda.gov/kids-pyramid.html>



**What are Whole Grains?** Fact sheets, kid's lessons about Fiber and Whole Grains [www.wheatfoods.org](http://www.wheatfoods.org) and [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) and [www.bellinstitute.org](http://www.bellinstitute.org)  
[www.ific.org/publications/factsheets/wholegrainsfs.cfm](http://www.ific.org/publications/factsheets/wholegrainsfs.cfm)



**Wholegrain Baking.** The King Arthur Flour Company. 2006. [www.kingarthurflour.com](http://www.kingarthurflour.com)

**Wholegrain Fact Sheet.** Kansas State U. Research and Extension. Dr. Mary Meck Higgins, Ph.D, RD,LD, CDE. [www.oznet.k-state.edu/humannutrition/mf2560.pdf](http://www.oznet.k-state.edu/humannutrition/mf2560.pdf)  
**Wholegrain Leader Guide.** [www.oznet.k-state.edu/humannutrition/mf2560.pdf](http://www.oznet.k-state.edu/humannutrition/mf2560.pdf)

### **Resources and Tools for Baking and Cooking with Kids**

**Alpha-Bakery.** Children's Cookbook. <http://www.bettycrocker.com/products/gold-medal-flour/cookbooks-for-kids.htm> (Accessed 2/9/2009.)

**Bake for Family Fun.** Home Baking Association. Activities for baking across ages. [www.homebaking.org](http://www.homebaking.org)

**Bake with Kids.** Click on Resource Center at [www.breadworld.com](http://www.breadworld.com) (2/09/09)

**Bread Machine Activity Guide.** Multiple classroom and club activities for when you don't have a kitchen but you could use a bread machine! [www.homebaking.org](http://www.homebaking.org)

**Baking Fun at Camp Cookie.** Games, recipes and fun. Land O'Lakes, P.O. Box 4000, Monticello, MN; Ph. 800/328-4155

**Betty Crocker's Kids Cook!** Betty Crocker Kitchens. 2007. Imprint of Wiley Publishing. ISBN: 978-0-471-75309-4 [www.bettycrocker.com](http://www.bettycrocker.com)

**Cooking Basics. Baking Basics. How-to videos.** Access at: [www.bettycrocker.com](http://www.bettycrocker.com)

**Cooking School.** How-to demonstrations. [www.ReynoldsKitchens.com](http://www.ReynoldsKitchens.com)

**Cooking Wizardry for Kids.** Kenda, Margaret and Williams, Phyllis. Barron's Educational Series. 1990. ISBN #0-8120-4409-6.

**DIY (Do-It-Yourself) on-line videos. Home Baking Association.** [www.homebaking.org](http://www.homebaking.org)

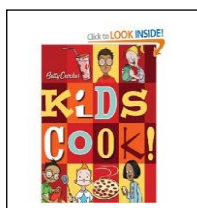
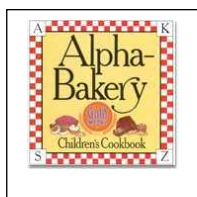
**Electric Bread for Kids.** Innovative Cooking Enterprises. Ann Parrish.

**Go with the Whole Grain (for kids).** Leader tools, power point, resources. Bell Institute resources for Educators/health professionals. [www.bellinstitute.com](http://www.bellinstitute.com)

**Kids A Cookin'** video, website and TV series. Spanish and English. Kansas State University Family Nutrition Program. 2002-2003. <http://www.kidsacookin.ksu.edu/> (2/09/09)

**MyPyramid for Kids** Locate at <http://teamnutrition.usda.gov/kids-pyramid.html>

**Our Kitchen** web-site resources by Hodgson Mills. Click on Hodgson Mill's Our Kitchen. <http://www.hodgsonmill.com/kitchen/>



## Human Resources:


- **Local food educators**

**Dietitian Directory.** <http://www.dietitiandirectory.com/>



**Family, Career, Community Leaders of America (FCCLA).** Locate chapters at local high school for teen peer educators. Call the National office at 703-476-4900 to connect with FCS advisors or visit [www.fcclainc.org](http://www.fcclainc.org) for more information. Local Family & Consumer Sciences teachers are great contacts!

**Find a Nutrition Professional.** American Dietetic Association. [www.eatright.org](http://www.eatright.org)  
[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_fanp\\_consumer\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_fanp_consumer_ENU_HTML.htm)



**Living Well.** National Association of Extension Family & Consumer Sciences, Food and Nutrition Programs or Youth educators. Locator for local office with professionals in FCS, Nutrition and Youth--  
<http://www.learningandlivingwell.org/>

**Young Chef's Academy**—A commercial locator of chef's available in ~20 states, teaching young people cooking skills at camps, clubs, classrooms. [www.youngchefsacademy.com/](http://www.youngchefsacademy.com/)

- **Consumer Help Lines:** To learn if there is a hot-line for a company/organization:
  1. Check the brand's food label
  2. Call directory assistance at 1-800-555-1212.
  3. Download the U.of Nebraska Extension Fact Sheet: Food Hotlines:  
<http://lanaster.unl.edu/factsheets/081-98.htm>

### A few include

Carol Stevens, Red Star Yeast: 1-800-445-4746

ConAgra Foods: 1-800-722-1344

Federal Information Center (helps you find the agency you need) 1-800-735-8004

Food Allergy Network 1-800-929-4040

Food & Drug Administration/Center for Food Safety and Applied Nutrition  
1-888-SAFEFOOD

Fleischmann's Yeast: 1-800-777-4959

Gold Medal Flour: 1-800-328-6787

Hodgson Mill: 1-800-525-0177

Kansas Wheat Commission: 1-866-759-4328

Land O' Lakes Help: 1-800-328-4155

Martha White: 1-800-663-6317

Pillsbury: 1- 800-767-4466

Red Star Yeast: 1-800-445-4746 (Carol Stevens)

USDA Meat and Poultry: 1-800-535-4555

- **Test kitchen and consumer food information web-sites:**

**Argo Corn Starch** --[www.argostarch.com/](http://www.argostarch.com/)

**Betty Crocker Kitchens.** [www.bettycrocker.com](http://www.bettycrocker.com)

**Cereal Food Processors, Inc.**--[www.cerealfood.com](http://www.cerealfood.com)

**Chelsea Milling Company**--[www.jiffymix.com](http://www.jiffymix.com)

**Dairy**-- <http://www.nationaldairycouncil.org/NationalDairyCouncil/>

**Farmer Direct Foods, Inc.**--[www.farmerdirectfoods.com](http://www.farmerdirectfoods.com)

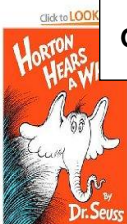
**Fleischmann's Yeast**--[www.breadworld.com](http://www.breadworld.com)

**Fruits and Veggies (new 5aDay)—** [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)  
**Gold Medal Flour--**[www.bettycrocker.com](http://www.bettycrocker.com)  
**Diabetes Health Monitor--** [www.healthmonitor.com](http://www.healthmonitor.com)  
**Home Baking Association—**[www.homebaking.org](http://www.homebaking.org)  
**Hodgson Mill, Inc.--**[www.HodgsonMill.com](http://www.HodgsonMill.com)  
**International Food Information Council Foundation–** [www.ific.org](http://www.ific.org)  
**Kansas Beef Council—**Family Mealtimes Kit. [www.family-mealtimes.org](http://www.family-mealtimes.org) and [www.kansasbeef.org](http://www.kansasbeef.org)  
**Kansas State University Cooperative Extension**  
[http://oznet.ksu.edu/ext\\_F&N/Nutlink/n2.htm](http://oznet.ksu.edu/ext_F&N/Nutlink/n2.htm)  
**Kansas Wheat Commission –** [www.kswheat.com](http://www.kswheat.com)  
**Karo Corn Syrup—**[www.KaroSyrup.com](http://www.KaroSyrup.com)  
**Kids a Cookin’** <http://www.kidsacookin.ksu.edu/> (Spanish/English)  
**Kids Health (The Nemours Foundation)—**<http://kidshealth.org>  
**King Arthur Flour Company--**[www.KingArthurFlour.com](http://www.KingArthurFlour.com)  
**Land O’Lakes--**[www.landolakes.com](http://www.landolakes.com)  
**Lesaffre Yeast Corporation--**[www.redstaryeast.com](http://www.redstaryeast.com) [www.safyeast.com](http://www.safyeast.com)  
**Living Well—**<http://www.learningandlivingwell.org/>  
**Martha White kitchens—**[www.marthawhite.com](http://www.marthawhite.com)  
**North American Millers' Association--**[www.namamillers.org](http://www.namamillers.org)  
**Rabbit Creek--**[www.rabbitcreekgourmet.com](http://www.rabbitcreekgourmet.com)  
**Shawnee Milling Company--**[www.shawneemilling.com](http://www.shawneemilling.com)  
**South Dakota Wheat Commission –** [www.sdwheat.org](http://www.sdwheat.org)  
**Stafford County Flour Mill—**[www.hudsoncream.com](http://www.hudsoncream.com)  
**Stone-Buhr Flour Company--**[www.stone-buhr.com](http://www.stone-buhr.com)  
**The Cook’s Thesaurus.** [www.foodsubs.com](http://www.foodsubs.com)  
**The Sugar Association—**[www.sugar.org](http://www.sugar.org)  
**Ultragrain® Flour (ConAgra)—**[www.ultragrain.com](http://www.ultragrain.com)  
**United States Department of Agriculture.** Food and Nutrition Services.  
 Multiple age-appropriate levels [www.mypyramid.gov](http://www.mypyramid.gov)  
**Washington Wheat Commission –** Click on Educators/Consumers, [www.washingtongrainalliance.com](http://www.washingtongrainalliance.com)  
**Wheat Foods Council—**[www.wheatfoods.org](http://www.wheatfoods.org)  
**Whole Grains Council—**[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

**Home Baking Association:**

***Bakers Dozen Lessons*** DVD. 130 topics, 13 segments to update and guide educators in baking for classrooms, after school, home and community groups. 2006.  
***Bake for Family Fun lessons, activities free on-line*** [www.homebaking.org](http://www.homebaking.org)  
***Baking for Success*** A DVD/curriculum set complete w/lesson plans & three baking vignettes. \$15.00 (2008) (Each 20 minute segment includes lesson plans.)  
***Bread Machine Activity Guide.*** [www.homebaking.org](http://www.homebaking.org)  
**DIY Do-It Yourself on-line video demonstrations.** [www.homebaking.org](http://www.homebaking.org)  
**Baker’s bowl scrapers, measurement and substitutions guides.**

Order forms at URL: [www.homebaking.org](http://www.homebaking.org) Add \$5.00 Shipping & Handling Charges.



**Community Service Learning: Book and Cook**

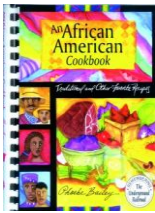
→Reading and cooking together help meet all of Maslow's *Hierarchy of Needs*—our goal for healthy humans. →Dr. Seuss sums up in *Horton Hears a Who*:  
 ...Horton found them at last on the three millionth flower—the Whos on the Dust Speck. “My Friends!” cried the Elephant. “Tell me! Do tell! Are you safe? Are you sound? Are you whole? Are you well?”

Horton Hears a Who. Dr. Seuss. 1954.

- **Book and Bake lessons.** Home Baking Association. [www.homebaking.org](http://www.homebaking.org)
- **Book and Cook lessons.** Visit your local Cooperative Extension Office  
 Locate the nearest office at :[www.learningandlivingwell.org](http://www.learningandlivingwell.org)
- **Michigan State University Cooperative Extension Family Book Bag of Activities.**  
<http://www.familybookbag.fcs.msu.edu/> Includes annotated Book List of 300+ children's books with positive food and physical activities, Team Nutrition messages, contacts for MI county extension FCS professionals. Contact: Deb Grischke, Project Coordinator, [grischke@msu.edu](mailto:grischke@msu.edu)

### Food and Literature Connections:

Check out...



- An African American Cookbook: Traditional and Other Favorite Recipes.** Bailey, Phoebe. 2002. Good Books, PA. [www.goodbks.com](http://www.goodbks.com) ISBN: 1-56148-352-4
- Bread Bread Bread.** Morris, Ann. Photography, Heyman, Ken. William Morrow & Co., NY. 1989. Pictorial celebration of the many different kinds of bread and how they are enjoyed around the world. ISBN 0-688-12275-2. (Also look for the *Reading Rainbow* videotaped version at your public library.)
- Celebrating Our Mothers' Kitchens.** National Council of Negro Women (Ncnw) 1994. Wimmer Cookbooks. [www.ncnw.org/](http://www.ncnw.org/) or (800) 223-2336. ISBN-13: 9781879958234
- Everybody Bakes Bread.** Dooley, Norah; Thornton, Peter, J. 1996. Carolrhoda Books. ISBN: 087614864X 9780876148648
- If You Give a Pig A Pancake.** Written by Numeroff, Laura. Illustrated by Felicia Bond. HarperCollins Childrens Books. 1998. ISBN 0-439-04621-1. and Scholastic Books, Inc.
- Kitchen Lab.** Michael Elsohn Ross. 2003. ISBN: 0-87614-625-6
- Latkes and Applesauce. A Hanukkah Story.** Manuushkin, Fran. 1990. Scholastic, Inc. NY ISBN: 0-590-42261-8
- Loaves of Fun.** Harbison, Elizabeth M. 1997. Chicago Review Press. A history of bread with activities and recipes from around the world. ISBN: 1-55652-311-4
- Marvin and the Great North Woods.** Lasky, Kathryn. Harcourt Brace & Co. NY. 1997. ISBN: 0-15-200104-2
- One Grain of Rice.** Demi. 1997. ISBN: 0-590-93999-8. [www.scholastic.com](http://www.scholastic.com)
- Popcorn!** Landau, Elaine. Illus by Lies, Brian. 2003. Charlesbridge. [www.charlesbridge.com](http://www.charlesbridge.com) ISBN-10: 1-57091-442-7
- Pretzels by the Dozen.** Hunt, Angela Elwell. 2002. ZonderKidz. ISBN: 0-310-70173-2. [www.zonderkidz.com](http://www.zonderkidz.com)
- Stone Soup.** Muth, Jon. 2003. Scholastic Press. ISBN: 0-439-33909-X
- Tony's Bread.** De Paola, Tomie. 1989. A Whitebird Book. G.P. Putnam & Sons. NY,NY ISBN: 0-399-21693-6
- The Magic School Bus Gets Baked in a Cake.** Cole, Joanna. Scholastic, Inc., NY. 1995. ISBN 0-590—22295-3
- The Food Journal of Lewis and Clark.** Gunderson, Mary. 2003. ISBN 0-9720391-0-4 [www.historycooks.com](http://www.historycooks.com)
- The Pumpkin Runner.** Arnold, Marsha Diane. Dial Books for Young Readers. 1998. ISBN 0803721242
- The Keeping Quilt.** Polacco, Patricia. 2001. Aladdin Paperbacks, Simon and Schuster. ISBN: 0-689-84447-6
- The Sleeping Bread.** Rhodes, Timothy and Czernecki, Stefan. 1992. Hyperion Books. ISBN:1-56282-183-0
- The Usborne Internet-Linked Children's World Cookbook.** Scholastic printing, 2002. ISBN:0-439-44292-3
- Two Old Potatoes.** Coy, John. Illus by Fisher, Carolyn. 2003. Alfred A. Knopf. ISBN:0-375-82180-5
- Walter the Baker.** Carle, Eric. Scholastic, Inc, NY. 1996. ISBN 0-590-44452-2.
- Yoko.** Wells, Rosemary. Hyperion Books for Children. NY. 1998. ISBN: 0-439-10472-6.

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