

# FOOD For Thought

Cook-Along Recipes to Boost Your Child's Learning

Claire Reynolds, M.S., R.D.

## COOK WITH YOUR KIDS!

Interactive lessons with each recipe will help your children learn about their bodies and the world.

Meals designed to enhance health, focus, and energy. A learning activity the whole family can enjoy. You'll soon have your kids cooking for you!



start a cook-along circle



cook along with global friends



by the cook-along video studio

Endorsed by:



Breathing Life  
into Learning



Fosters Family  
Learning Time



Co-Creates  
Learning Curricula



Strengthens  
Focus



The "Food for Thought" cookbook provides engaging recipes for supercharging learning in your home. It helps you find the right nutrients to fuel the brain at the right times, strengthening focus, raising energy levels, and maintaining health. This cookbook encourages family cooking, a learning experience that has itself been shown to improve children's mental health. Each recipe comes with a lesson module to help your child learn about diverse cultures, measurements and mathematics, the science of food, and even the chemistry of cooking.

# "FOOD FOR THOUGHT" COOKBOOK

The best part about "Food for Thought" is its endorsement by a range of nationally recognized authorities in the education and learning sector. This product is part of the KnowledgeWorks Learning Network: proceeds go directly to help resource learning experiences in poor urban public neighborhoods, supporting equitable education for all Americans. In addition, the National Homeschool Network certifies that "Food for Thought" fosters family learning time along with improved social and emotional health. The American Coalition of Teachers recommends using the cookbook's lessons in conjunction with school units on mathematics and science. Finally, these recipes are recommended by the Educational Performance Corporation as good ways to supplement diet in order to strengthen mental focus.

In the world of learning, "learning diets" and "learning lifestyles" are shaping the ways families make decisions about how they live, what they buy, and how they take care of themselves. Take advantage of the highly endorsed "Food for Thought" cookbook as a way to create a learning lifestyle that will help your family thrive.

