

## Web Links for Parents

**Cafe Zoom - PBS Kids**-A large collection of all the recipes from the TV series ZOOM. The recipes are rated by the ZOOM audience and there is a picture of each finished recipe. This site also includes 50 handpicked recipes for younger kids aged 3 - 6 years old. <http://www.pbs.org/wgbh/zoom/cafe/>

**Cooking with Children: Kids in the Kitchen**-A site with tips, guidelines and recipes for cooking with 2 to 5 year old children from the National Network for Child Care.  
[http://www.nccc.org/Curriculum/fc46\\_cook.kids.html](http://www.nccc.org/Curriculum/fc46_cook.kids.html)

**Food and Nutrition Information Center** - The U.S. Department of Agriculture's Food and Nutrition Information Center provides a bibliography of resources for parents, teachers, educators and child care providers. Check with your local public library for specific titles listed.  
<http://www.nal.usda.gov/fnic/pubs/bibs/gen/childlit.html>

**Kidsource** – Includes articles on nutrition and suggested activities.  
<http://www.kidsource.com/kidsource/pages/Preschoolers.html>

**Preschool Education** - Has a selection of themes, including ones on Bugs, Foods, and Gardens. Includes math and science activities.  
<http://www.preschooleducation.com>

**PreschoolRockMoms** – Radio shows for parents of preschoolers. Topics include nutrition and health. Can hear show live or listen to archived programs on a variety of topics including nutrition. [www.PreschoolRockMoms.com](http://www.PreschoolRockMoms.com)

**The Wee Kiwis - Cookin for Kids**- A website for kids with kid appeal and style. It has easy to read recipes and safety tips. <http://www.weekiwis.com/recipes.html>

**Get Ready to Read** - The goal of this site is to ensure all children have opportunities to become successful readers. The site provides a Home Literacy Environment Checklist and 36 suggested activities to develop print knowledge, emergent writing, and linguistic awareness. <http://getreadytoread.org>

**Better Kid Care** - Penn State's Better Kid Care program provides information on choosing childcare for parents and employers. Their newsletters and other publications provide excellent information on raising successful children.  
<http://betterkidcare.psu.edu/>