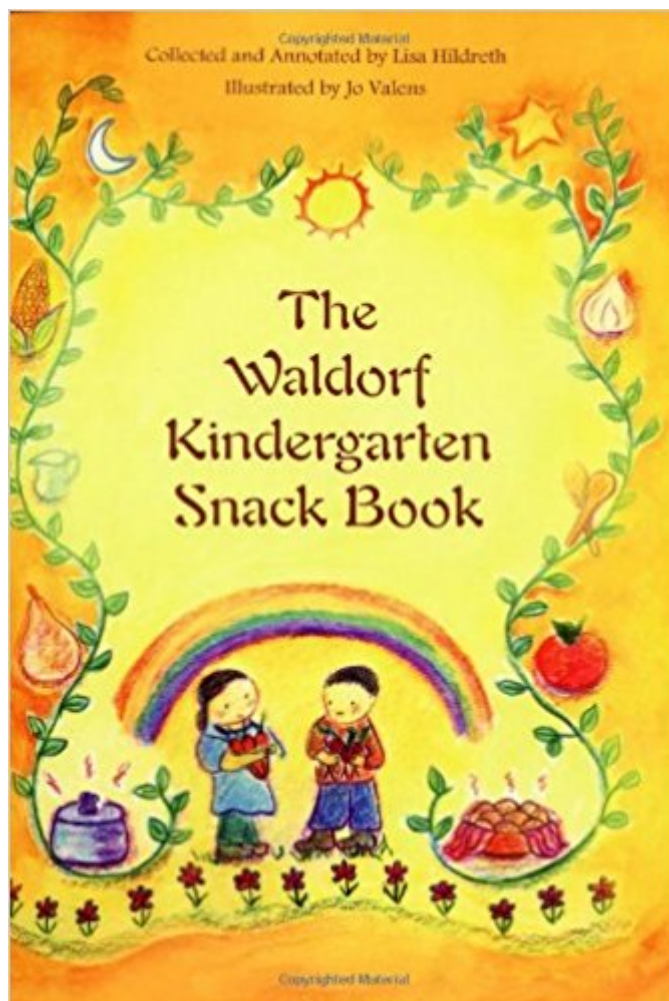


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The Waldorf Kindergarten Snack Book



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

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Customer Reviews

Lisa Hildreth worked for ten years as a technical writer in the computer industry before she learned of Rudolf Steiner and Anthroposophy. She holds an masters degree in education, with a focus on Waldorf early childhood education, as well as a masters in English. Lisa is a kindergarten teacher at the Susquehanna Waldorf School and lives in Lancaster, Pennsylvania, with her husband Arthur and sons David and Robert. Jo Valens teaches kindergarten at the Rudolf Steiner School in Great Barrington, Massachusetts, where she and husband share a beautiful garden in which she works, draws, and seek communion with the elemental world.

This little snack book, offers so much interesting and wise information about certain foods and food groups . I love it. Easy, fun and healthy.

I purchased this book as a mom of twin preschool boys who attend a local Waldorf school. I knew the recipes would pass my healthy test by using whole grains and natural ingredients and it did not disappoint. I was also pleasantly surprised to find many wheat free and other allergen free recipes. Our household is tree-nut and gluten free due to Celiac and a tree nut allergy. I will still have to convert many to gluten free but I expected to. The book is small but the spiral bound housing is excellent! The chief complaints I have about the book is the lack of complete/accurate measurements and baking times. Some recipes had flour measurements that were rough estimates with 25% increments either way (too much or too little of the ingredient) As a very experienced baker, I know this can be a huge problem and potentially a waste of valuable time and ingredients. A difference of an extra cup of flour yields a very different result-passable or a disaster. If a recipe is to be published, measurements should be accurate and precise to the baking conditions it was created in. You may then suggest alterations for various demographics. The second problem I had was the times listed for baking. I made the honey muffins which yielded 12 standard size muffins. The written baking time was 30 minutes at 350 degrees. I bake muffins a few times per week and no muffin of this size takes 30 minutes. In fact it took 13 minutes. Granted I baked mine in a convection oven at 350 but even with the convection element accounted for, these muffins would have been done in no more than 18-20 minutes. This could be a big problem for less experienced bakers who will just follow the directions the first time around. The muffins were delicious when the appropriate modifications were made! All in all this book is a nice addition to your Waldorf library or a healthy addition to your cookbook collection.

I love this book and how it is laid out. Great and healthy snacks for kids and most are pretty easy to make!

The wisdom of the health for food (different types of sugar, what children shouldn't eat...) in the beginning of the book was fantastic and I couldn't wait to see the recipes! They didn't take any of the advice in the beginning of the book!!! They have added sugar and many other things I would never feed my children. This book is a contradiction and a big waste of money for me.

Inside have lots of recipes and how those kindergarten make snack, why make it. if I wanna make snack for kids at home or school I can follow some good and easy recipe or week list, then just change some with our local food.

Great recipes that our children enjoyed.

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...acts more on the digestive system than the nerve-sense system and therefore does not stimulate a wakeful consciousness" followed immediately by the statement "Rice is one of the main foods of peoples in India and the Far East," which could be construed as racist (rice doesn't stimulate a wakeful consciousness, and those people in the far east eat a lot of rice.) I suspect the authors did not mean to imply such, given the general universal humanism of the Waldorf approach, but it is a sign of foggy thinking that blanket statements about the food without a grounding in chemistry or nutrition science pepper this tome. (See Harold McGee "On Food and Cooking" for some actual science.) Why the heck do I still give this four stars? As noted, the recipes are good, simple, nutritious, and many of the sidebar activity suggestions are great. In this sense, there's a parallel to Waldorf education itself: the basic core practices and ideas are incredibly sane and humane, but the metaphysical mush, if taken without the context of the intervening century of psychological and developmental research, threatens at times to overwhelm that strong core of decent educational practice. So, I do recommend it: just read the recipes and skip the framing text. The book will go down easier and your ego will have less trouble incarnating it.

Though this is a thin book, it is full of good ideas for healthy snacks for kids that adults will also enjoy. The recipes are clear and easy to follow. I appreciate that there are plenty of egg-free and dairy-free snacks, which works well for us (household of food allergies). If you are used to lots of mainstream, store-bought junk food, the food might taste funny to you, but if you are into healthy foods and healthy snacks, it is a great book. The kids and I have been having fun with the recipes, and modifying some of them to add our own touches. I bought one as a gift for a friend, too.

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