

What We Eat

Stories and recipes of what is on your plate

Age
9+

ENGLISH
TEXT AVAILABLE

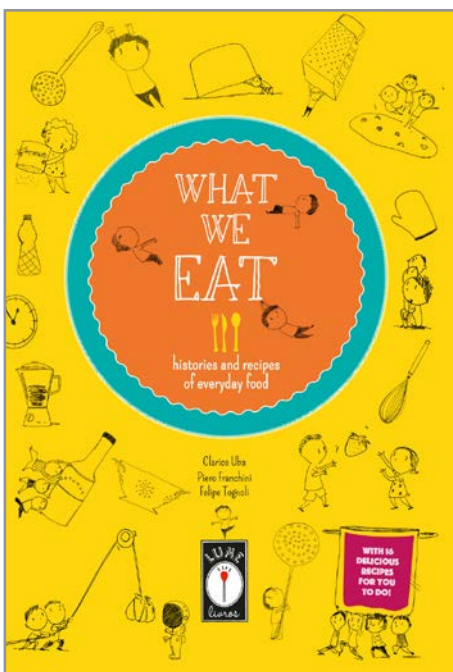
Cooking and history walk hand in hand with human development.

This book explores these relationships through 8 ingredients that are common in everyday life. Children will discover how humble foods such as maize or potatoes changed the history of humanity, how tomatoes found a place of glory in Italian cooking and why eggplant is loved by so many cultures.

The book also comes with original recipes for each of the ingredients presented, some brand new, some reaching back to old and traditional ways of preparing each ingredient. All the recipes are vegetarian, and easy to follow and prepare.

Written by Clarice Uba
Illustrated by Felipe Tognoli

16,8x24 cm • 114 pages
World rights available



Selling points

- Full of fun, intriguing and engaging information about food
- Information designed to contextualize food for kids, a measure shown to improve willingness to try new foods and flavors
- With lots of original and easy-to-follow recipes to be made at home

