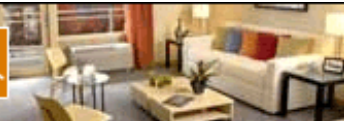




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Kathleen Blythe

Click-on cookbooks can offer cupboard full of meal ideas

Thursday, October 14, 2004

KATHLEEN BLYTHE



KATHLEEN BLYTHE

Don't let good eating and nutrition suffer in the rush of daily routines. Learn how to fix quick and healthful meals at the sites below. Explore other food issues, including the science of cooking. For an added timesaver, have your kids help out. They'll get to use their math knowledge for the measurements and calculations of recipes.

Cooking by Numbers www.cookingbynumbers.com

When you're short on time and ingredients, visit this helpful British site. Just enter the ingredients you have on hand under the categories of Refrigerator and Pantry, then click the search button. The result is a list of appetizing recipes. It's a great way to avoid last-minute trips to the grocery store or desperate hunts for fast food. A useful area is Skills by the Numbers: Get instructions on 27 basic cooking skills, from boiling an egg to making white sauce.

Children's Nutrition Research Center www.bcm.tmc.edu/cnrc

This site has a wealth of parent- and child-friendly food information. Read articles on more than 60 topics related to child nutrition. Use the various calculators: The Children's Energy-Needs Calculator, for instance, offers a graphic demonstration of the impact of physical activity on a child's daily energy needs. Since 1978, the U.S. Department of Agriculture has partnered with Texas' Children's Hospital and Baylor

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College of Medicine (the world's largest medical center) at this site.

Plastic Fork Diaries www.plasticforkdiaries.org

Here are answers to the question: "Does what (and how) we eat affect who we are?" At this site, you'll follow six middle-school students as they learn the relationship between food and their changing bodies, cultural differences, the vanishing family meal, nutrition and athletic performance. Parents and teachers can follow an activity guide.

Cook It Quick! lancaster.unl.edu/food/ciq.htm

It's 4 p.m. on a typical weekday; do you know what you're having for dinner tonight? Here's a treasure chest of strategies that will help you prepare healthful food in a hurry. This site is the work of a registered dietitian and educator at the University of Nebraska's Cooperative Extension Service.

Epicurious food.epicurious.com

Choose from eight main sections: Recipes, Features, Cooking, Drinking, Restaurants, Shop, Bon Appetit and Gourmet. Don't miss the quick-to-prepare meals in the Cooking Index under Everyday. Beginning cooks can develop skills in the How To and Reference area. Search the huge recipe database by ingredient or phrase. Those that can be prepared easily (45 minutes or less) are identified with a clock icon.

The Accidental Scientist: The Science of Cooking www.exploratorium.edu/cooking

San Francisco's Exploratorium Museum sponsors a site that look at cooking and science experiments through the eyes of a curious child. Deconstruct food ranging from jelly beans to bread dough. Here are answers to such questions as: "How do they make jellybeans shiny?" "Can the color of a candy affect the way it tastes?" "Do candy factories really look like Willy Wonka's?"

Crockery Kitchen www.crockerykitchen.com

Experience the luxury of coming home to the smells of dinner cooked and ready to eat. Dust off your crock pot and experiment with the recipes at this site. Recipe categories include Soups and Stews, Main Courses, Pasta, Healthy Eating and Breakfast & Brunch. This is part of the larger [CDKitchen](#) site, one of the Internet's largest cooking resources. Be sure to explore the other links at the bottom of the main page.

Kids Health: Teens and Food www.kidshealth.org/teen/food_fitness

Select from a variety of great links, such as A Guide to Eating for Sports, What's the Right Weight for my Height?, Smart Snacking and Healthy Dining Hall Eating. This page is part of the larger Kids Health site and the work of the nonprofit Nemours Foundation.

Homeplate www.bc.edu/bc_org/svp/uhs/eating/eating-homepage.htm

Get educated about the warning signs of eating disorders and the mental health issues surrounding them. Read Eating for Health for an explanation of "normal" eating and dieting dangers. This site is useful for

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students, friends and parents of anyone struggling with eating issues. Site sponsor Boston College Eating Awareness Team presents information and resources in a practical and kind manner.

Baking 911 Baking911.com

Delve into this site for all sorts of cooking tips. The host, a cookbook author, has been answering questions from new and experienced bakers for more than 15 years. She understands that there is more to baking a "made-from-scratch" recipe than throwing all the ingredients into a bowl and turning on the mixer.

Smart-Mouth www.cspinet.org/smartmouth

Nutrition is the focus here, with icons pointing the way to interactive lessons about popular foods. Under Choose Ur Chews, kids can build a meal and watch the Fat and Calorie Meters add up. The site, the work of the Center for Science in the Public Interest, includes recipes for healthy foods, video clips and games.

Kathleen Blythe: kathyblythe@news.oregonian.com. To read this and previous columns online, go to www.oregonlive.com/living/oregonian/kathleen_blythe/index.ssf.

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