



# Starting From Scratch: What You Should Know about Food and Cooking

*Sarah Elton*

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*Starting from Scratch* is a food manifesto that helps young readers relate to what they eat, inspiring both budding chefs and budding food lovers in the process. Beginning with an exploration of taste and how it works, author and food activist Sarah Elton explains how ingredients have been on the move for centuries, resulting in the unique fusion of flavors we love today. She breaks down the science of food and cooking into bite-sized and easily digestible pieces of information that cover the chemistry of heat versus cold, fat versus acid, and salt versus sweet. Both practical and philosophical in its approach, *Starting from Scratch* demystifies food and cooking by boiling it down to the basics. Young chefs learn to make sense of recipes, measure and substitute ingredients, and stock a pantry, and discover that food is more than just a prepackaged meal. Using simple and universal examples, *Starting from Scratch* inspires children to eat better, try new flavors, and understand what's on their plate. Even reluctant chefs will gain an improved sense of where food comes from and be able to join in on a conversation that continues from snack time to dinnertime.

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