
Subject: Re: Nutrition of children & adults

Posted by [AnneMarieNA](#) on Wed, 29 May 2024 13:51:02 GMT

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Most websites today list their recipe ingredients, so you learn both how to cook and know what exactly you are entering to your body (in terms of calories and so on).

One site I would recommend to teach cooking from scratch is 10 Minute Goodies. You can google it or simply enter via 10minutegoodies.com
