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About Me

My name is Grace Therriault, I am a fourth year Graphic Communications student with a concentration in Design Reproduction Technology and a minor in Spanish.

When I am not spending my free time crafting, I am in the kitchen experimenting with baking!

Problem Statement

Modern technology and the Internet have made cookbooks relatively obsolete. Nowadays you only see them as coffee table decoration, something to flip through but not actually use. Designing a creative and fun children’s cookbook based on some of the famous Brothers Grimm fairytales, will encourage kids, ages 5-12, to have some fun in the kitchen and use their imagination to whip up some incredible edibles. This opportunity creates a window for children to get excited about a book and translate what they read into the real world. Lastly, this project is important to me because it the impact experimenting in the kitchen can have on teaching creativity in the developing minds of kids. I still remember all my favorite recipes my mom let me try out and hope to do the same for someone with my own book.

Objective

The goal of this project is to create a simple and fun cookbook for children based off of their favorite fairytales. Based off of my research, he fun that they have in the kitchen will contribute positively to their overall development due to the creativity and exactness cooking demands. The small cookbook will be easy to navigate and include fun illustrations.
Background Research

Resource 1: Translating and Trans-mediating Children’s Literature
Citation: Kérchy, & Sundmark, B. (2020). Translating and transmediating children's literature (Kérchy & B. Sundmark, Eds.; 1st ed. 2020.). Palgrave Macmillan. https://doi.org/10.1007/978-3-030-52527-9

Summary: This book by Anna Kérchy and Björn Sundmark, provides an in-depth study of the importance of translating and trans-mediating stories in children's literature. Translating stories, or recipes in this case, into language that is easy to comprehend and explore is important for keeping a child engaged and curious about a text. Children's literature is heavily dependent on image-text interactions as well as delivering a message through illustrations or photos.

Resource 2: Kids in the Kitchen: The Benefits of Cooking with Children

Summary: This online article, published by The Growing Room: Children's Enrichment Centers, provides information about the benefits of encouraging kids to start exploring the kitchen. Cooking requires a beautiful balance between creativity and science that has excellent effects in expanding the malleable minds of children ages 5-13. Preparing meals as a family also offers a relaxed opportunity to communicate and spend time together. Spending time in the kitchen can also give a child confidence due to the sense of accomplishment they feel after finishing a dish. This article spells out the importance of having an easy and fun way of encouraging kids to learn by cooking.

Resource 3: Five Creative Alternatives to Cookbooks and Food Guides

Summary: This piece written for an online publication made to inspire creativity, spells out people's need for creative cookbooks. This article encourages designers to think outside of the box when it comes to publishing a cookbook. Because recipes can easily be found online, there needs to be something that makes a cookbook unique for consumers to buy it. Ways to do this include a theme, hypnotizing color schemes, illustrations, and quirky recipes.

Resource 4: Green Eggs and Ham Cookbook: Recipes Inspired by Dr. Suess!

Summary: This is a perfect example of a kid-friendly cookbook. Each recipe is inspired by a character or story from one of Dr. Suess’s many fun characters. Creating recipes with fun names and an unconventional look makes kids excited to make them. Who roast beast and the Cat and the hat tub cake are exciting twists on kitchen classics that allows for creativity and exploration.

Resource 5: The Junior Baker Cookbook: Fun Recipes for Delicious Cakes, Cookies, Cupcakes and More

Summary: William Sonoma created a kid-friendly cookbook that is a little more sophisticated. Although geared to a slightly older audience than a children's, illustrated book, there are still easy to follow recipes that give young people freedom in the kitchen. Learning to bake can be exciting and fun! Featuring step-by-step instructions and full-color photos for over 30 sweet and savory recipes, this easy-to-follow book will help teach your child the baking basics along with finger-licking treats.
Resource 6: Roald Dahl's Revolting Recipes  
Summary: This book is a wonderful mix of illustration and photography used in a children's cookbook. The familiar characters from Dahl's other books make the recipes an exciting continuation of each story. All the recipes are easy to follow and are never more than 15 steps of instruction, which is important when trying to hold the attention of someone who is 12 years old or younger.

Resource 7: The Alice in wonderland cookbook: A culinary diversion  
Summary: Lewis Carroll created many recipes from one of his most famous stories, Alice in Wonderland. There is a focus on concise and very simple directions when it comes to preparing the food, which makes it easy to follow. From "Ambidextrous Mushrooms" to "Bread-and-Butter-Fly Pudding," each recipe is a part of the original book. All of the illustrations are also original, and there are no photos.

Resource 8: The Futurist Cookbook  
Summary: The Futuristic Cookbook is truly an original piece of its time when it comes to recipe books and how people ate. The futurist way of cooking was making each dish into a work of art. This out of the box thinking is perfect for kids approaching the kitchen. Originality in food creates imaginative thinkers.

Resource 9: The Artists' & Writers' Cookbook  
Citation: Barr B. Sachs B. T. Sidjakov N. & Toklas A. B. (1961). The artists' & writers' cookbook. Contact Editions.  
Summary: Dedicated to the art of imperfection, this vintage cookbook offers a less serious approach to cooking that others are stricter on. This book is very text heavy with minimal illustration and no photography, which makes sense due to its vintage nature. There is a casualness to the recipes that make everyone feel like a cook.

Resource 10: The Little House Cookbook  
Summary: The Little House Cookbook is another wonderful example of children's literature that inspired recipes. The book gives the reader and enjoyer a more in depth look at what life on the prairie was really like from Laura Ingalls Wilder's classic book. This book has fun and kids' friendly frontier themed recipes like corn dodgers and pulled molasses candy.
**Background Research**
- Children’s cookbooks: Often accompanied by illustrations, relation between recipes and familiar character/stories
- Kids in the kitchen: Encourages creativity, they learn to make mistakes, practice communication with family members/friends, gives a sense of accomplishment, learn to follow instructions and read measurements

**Recipes and Cooking**
- Develop recipes: Theme to match a fairytale, easy to follow, under 15 steps of instruction
- Cooking: Make each recipe, record steps in simple terms

**Book Design**
- Illustrations: Watercolor and pen, photography
- Type: Title, recipe titles, body (ingredients, measurements, instructions)
- Cover: Design/Illustration, clever title, author, illustrator credits
- Page set-up: Classic children’s book dimensions, margins, bleeds, running headers, folios
- Front matter: Copy write, publishing, for educational purposes, half title, full title, table of contents

**Printing and Binding**
- Print spreads on Konica Minolta
- Sew signatures and glue
- Glue into casing, wrap around cover material
- Print and fold book cover

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**Project Planning**

**Work Breakdown Structure**
In the end, I perfect bound the book. This means that I did not have to sew the signatures, I merely stacked the pages together and glue the book block to the spine of the cover.
Project Execution

Creating the Recipes

Using my own knowledge of cooking and baking, I created six different recipes based off of the most popular Brothers Grimm stories. It was key to ensure that each recipe is kid friendly and easy to follow. The final six recipes are: Red Riding Hood’s Muffins for Grandma, Jack’s 15 Bean Soup, Snow White’s Poison Apple, Cinderella’s Pumpkin Carriage Pie, Rapunzel’s Hair Pasta, and Hansel and Grethel’s Ginger Bread.

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Hansel and Grethel’s Gingerbread ............12

Choosing Typefaces

The typeface I chose to use for the titles in the book is, AdineKrinberg-Script. This font was design by David Rakowski and is a perfect elegant and magical font to fit the fairytale theme of the cookbook. For the body, I used Mrs. Eaves, book. This is a popular font that has excellent legibility and readability, as well as a fun, classic personality that is great for a young audience.

Writing

The most important thing I kept in mind while writing the introduction, ingredients, and directions to the recipes, was using simple and clear language that children can follow confidently.

Once upon a time a beautiful kitchen fairy decided to make a few recipes inspired by some of her favorite stories. This book has the delicious recipes she created for you to make and enjoy. Have fun exploring the kitchen and experimenting with these enchanted treats!

Directions

1. Preheat oven to 400°F
2. Put liners in a muffin tin.
3. Stir together milk, eggs, and oil in a large bowl.
4. Add flour, baking powder, sugar, and blueberries.
5. Gently mix the batter.
6. Spoon batter into the muffin tin.
7. Bake for 20 minutes or until a toothpick comes out clean from poking the center of a muffin. Remove muffins from tin and enjoy!

Ingredients

1 cup milk
1 large egg
½ cup vegetable oil
2 cups all-purpose flour
2 teaspoons baking powder
½ cup white sugar
½ cup fresh blueberries
Making Illustrations

I chose to create all of the illustrations for the book using watercolor and pen. This allowed me to use bright colors and make fun images that kids will enjoy.
**Design and Layout**

The cookbook is 5.5 inches by 8.5 inches. I chose this size because it is typical for children's books. I kept the layout simple and consistent for each recipe, that way it is very easy for a younger audience to follow. Each spread has the ingredient list on the verso page and the directions at the bottom of the recto page, along with 2 or 3 illustrations for each recipe.

**Cover Design**

I made the outside cover of the book a magical light blue with a simple watercolor forest that framed the cover. I used the same typefaces as the inside of the book for consistency.
Final Result

The Brothers Grimm
Fairytale Cookbook
By: Craig Thorsen

This recipe book is dedicated to my mom, dad, and sister.
The End