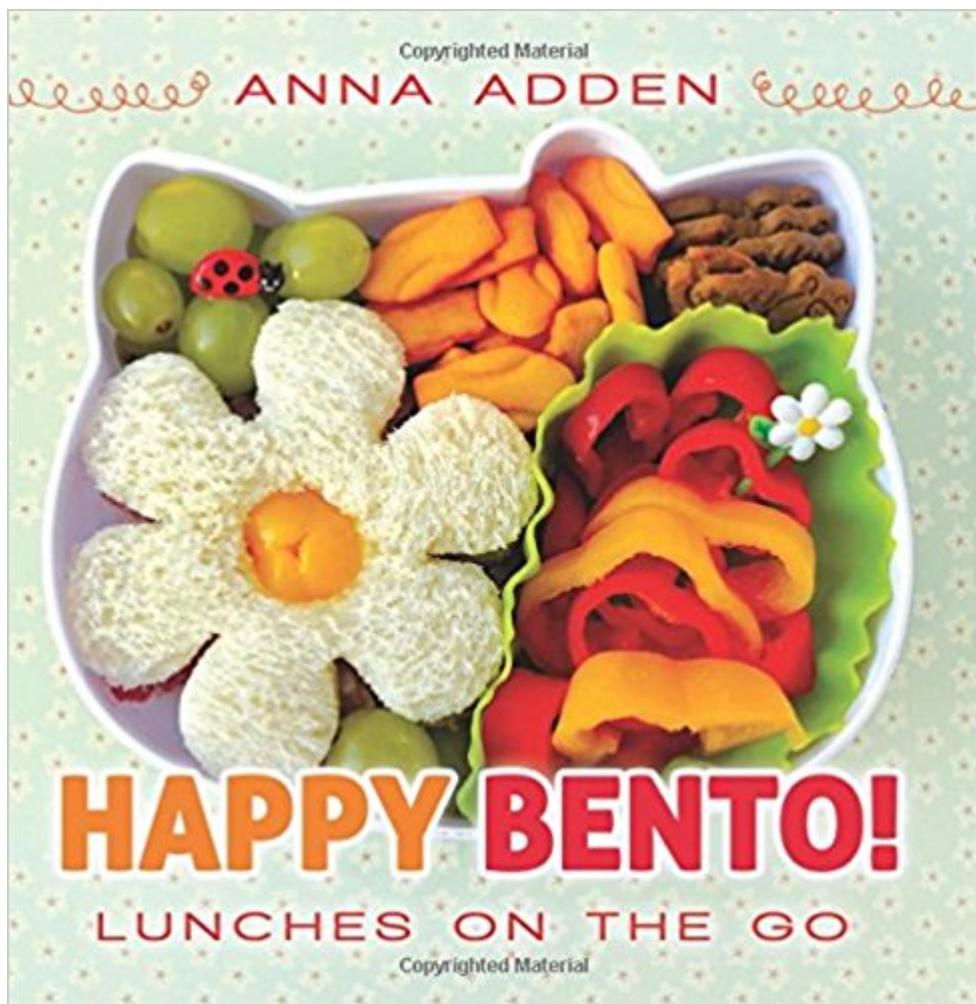


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# Happy Bento!: Lunches On The Go



## **Synopsis**

liven up your lunch box! Perfect for holidays, birthdays, or any day of the week, traditional Japanese Bento boxes are trendier than ever and they encourage kids of all ages to eat healthy foods by making them cute and colorful! These fun food craft projects let you create themed edible designs that are just as much fun to make as they are to eat!

## **Book Information**

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Average Customer Review: 4.6 out of 5 stars 13 customer reviews

Best Sellers Rank: #922,856 in Books (See Top 100 in Books) #109 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #218 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #238 in Books > Cookbooks, Food & Wine > Asian Cooking > Japanese

## **Customer Reviews**

Such a great book for fun lunch ideas. If you have wanted to add some pizzaz to your kid's lunches, but didn't know where to start - this is the place to start. Great explanations and lovely pictures of all the lunch ideas.

I was very excited to get this book-- I like making bentos, and my two-year-old's current favorite pastime is to "read" bento cookbooks. I have to admit, there is a lot packed into this little book; however, I was still pretty disappointed. Here's why. First of all, this is described as a spiral-bound book; it is not. It is a (very flimsy) paperback, which is really not ideal for this type of book. Second, this book is really small. it's only about 5"x5," so the pictures and print are equally small. It's bright and colorful, yes, but again not ideal for a cook book that is all about presentation. Thirdly, I feel like I have seen every one of these ideas before. There were a couple cute ideas, but for the most part everything (even the way the types of bentos were divided into sections) is something I've seen before. Fourth, the price for what you get isn't that great. I would recommend going with "Everyday

Bento" instead. It's much bigger, MUCH more reasonably priced, and has almost every single idea in this book too.

Bought this for my daughter who has a two year old daughter in pre school, and who eats her lunch there. It is so cute and a fun way to get the kids to eat their lunch

Happy Bento is a compact little book that's packed with fun bento lunches. The book covers lots of bento basics and it showcases 50 different packed lunches along with instructions for each of them. There are many fun ideas in this compact little book, but a couple I'm looking particularly looking forward to trying in my boys' lunches include are the Pac Man and Super Mario Bros lunches.

Title: Happy Bento  
Author: Anna Adden  
Publisher: Front Table Books  
ISBN:

978-1-4621-1664-5  
Say good-bye to boring lunches and hello to healthy, nutritious food! Colorful and creative bento lunches encourage healthy eating by making fruits and veggies look fun, the back cover states in Anna Adden's cookbook, Happy Bento: Lunches on the Go. At one hundred and sixty pages, this small paperback targets those interested in making small lunch or snacks packed in a box. With a quarter to full-page, full-color photographs that cover all meals plus many tutorials, there are fifty recipes. After the table of contents, introduction, and information on supplies, the book is divided into five sections of basic, fun, special day, holiday, and season bentos. Shopping, lunch boxes, index by title, dedication, acknowledgments, and the author's biography complete the book. In the Bento Supplies section, Adden discusses the different box options, silicone cups, sauce containers, baran dividers, cutters, picks, egg and rice molds, and craft punches. The ending on Shopping suggests places to purchase the supplies both in-store and online. Sometimes after the recipe's title is a sentence explaining the dish's characteristics or writer's personal memory. Supplies, ingredients, and numbered directions that include matching pictures are given over one to four pages. No preparation or cooking times or nutritional or caloric information are given. Some of the concoctions include Sandwich Sushi, Hamburger Patty, Thermos Lunch, Hippopotamus, Mashed Potato Pandas, Hello Kitty Onigiri, Shark Week, 100th Day of School, Pi Day, Groundhog Day, Easter, Independence Day, Christmas, Spring, and Winter. With many of the detailed, time-consuming designs displayed, there are artistic healthy creations of apple cut outs filled with peanut butter, bread cut or marked into objects, molded rice balls, shaped cheese, dyed rice, and altered hard

boiled eggs. Although there is no list of recipes in each section, this would make a good book for someone who has plenty of time on his or her hands to make creative bentos geared toward children. Hopefully using leftovers of dinner items, the food boxes can be made in advance, cutting back on some of the time involved. Author Adden began making bentos when her daughter started preschool, turning her passion into an online blog. She lives in Arizona with her husband and two children. Thanks to Cedar Fort for furnishing this complimentary book in exchange for a review of the reader's honest opinion.

This is a perfect book for those wanting to learn how to pack lunches. Anna is an expert who offers great tips and tricks on not only how to pack, but what to pack. It's not a traditional cookbook, but it doesn't need to be. Everything she includes is easily found in a local grocery store.

My children stole this cook book as soon as it arrived and were busy making shopping lists from the recipes inside Happy Bento. So far we've packed a shark and Alice in Wonderland bento to go. Let me tell you we are in love. The author has put together such a wonderful little cookbook with great ideas for school lunches and picnics. It is user friendly, has colorful photos and a small compact paperback size. All of the ingredients were easy to find and yummy, the lunches nutritious. We enjoyed Anna's ideas. We packed them on our field trip in fun vintage tupperware containers with cupcake liners. I even ate a sliced raw pepper for the first time! Yes and yes-- go get this one.

I was very excited when I got Happy Bento in the mail. We immediately went through every page of this super little book. The kids loved it! Everything you need to get your creative lunch juices flowing is in this book! I am looking forward to making Happy Bento's for my kids this school year. Thank you for giving us so many wonderful ideas for creative lunches. It might be a little book, but it is packed full of big ideas!

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