



Let's cook

Point to say what to do next, to take a turn, and to say how it tastes.

Cook



wash hands



measure



pour



stir



mix



cut



peel



cook



bake



taste



eat

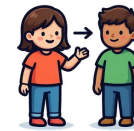


clean up

Talk



my turn



your turn



help



wait



more



all done



yum



yuck



hot



careful



what's next?



I did it!

In the kitchen



apron



recipe



bowl



spoon



measuring spoons



cutting board



mixer



timer



fridge



stove



baking tray



cookie cutter



Visual recipe: yogurt fruit cup

No cooking, no knife. A grown-up slices the banana, or break it into pieces with clean fingers.

You need



yogurt



banana



blueberries



cereal



bowl



spoon

Steps



wash hands



get a bowl



spoon in yogurt



add banana



add blueberries



sprinkle cereal



eat it



clean up

Swap anything your child can't eat: another fruit, another cereal, or a dairy-free yogurt. Point to each step before you do it, and say it out loud.



My visual recipe

Draw each thing, glue on a photo, or write the word. One step in each box.

Recipe for:

You need

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Steps

1	2	3	4
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5	6	7	8
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