Visual recipe: snack mix

No cooking, no knife. Pour, stir and eat.

You need


bowl


spoon


pretzels


cereal


raisins


popcorn

Steps

1


wash hands

2


get a bowl

3


add pretzels

4


add cereal

5


add raisins

6


add popcorn

7


stir it

8


eat it

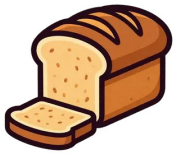
Swap anything your child can't eat. Point to each step before you do it, and say it out loud.

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Visual recipe: ham and cheese sandwich

No cooking. A grown-up can cut it in half at the end.

You need


bread


cheese


ham


lettuce


plate

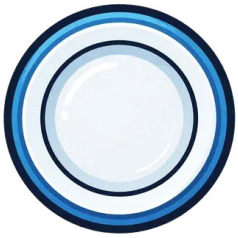

napkin

Steps

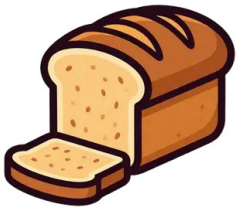
1


wash hands

2


get a plate

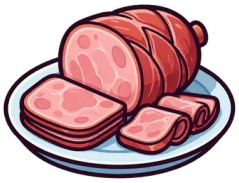
3


bread on the plate

4


add cheese

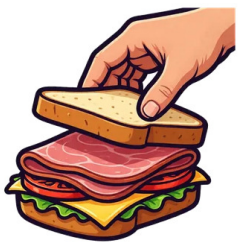
5


add ham

6


add lettuce

7


bread on top

8


eat it

Swap anything your child can't eat. Point to each step before you do it, and say it out loud.

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