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

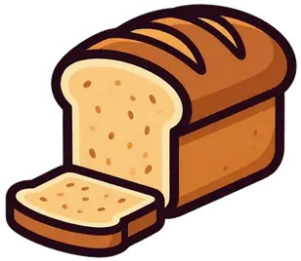
Swap anything your child can't eat. Point to each step before you do it, and say it out loud.

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Visual recipe: ham and cheese sandwich

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

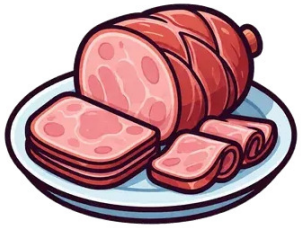
You need



bread



cheese



ham



lettuce



plate



napkin

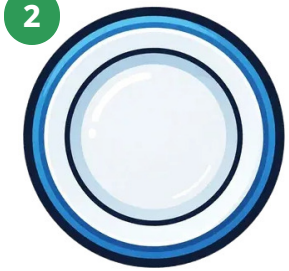
Steps

1



wash hands

2



get a plate

3



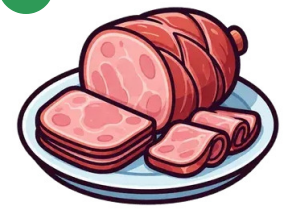
bread on the plate

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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