



Visual Recipe Book Series 1

Kelly-Anne Roberts



ABOUT OUR PUBLICATION

This recipe book was created with the Special Needs population in mind. Each task blends to concepts of fine motor, dexterity, hand over, simple and full sentences, with pictures initiating each task.

It is divided into two (2) categories of recipes for eating and recipes for play. Pictures are used to give our readers a visual outlook of the required ingredients, tools, instructions and what the end product is expected to be like.

At the end of each recipe you would find ways to modify each task that the child would be completing, in addition to short notes to you the parent.

If for some reason the child has difficulty holding any tool or items being used, feel free to use hand over hand techniques to get them solely involved.

Have fun creating each masterpiece with your child.

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Cheese Paste Sandwich



Trail Mix



Orange Banana Smoothie



Recipes to Eat

Cheese Paste Sandwich



Tools



wash hands

mixing spoon



mixing bowl



plate



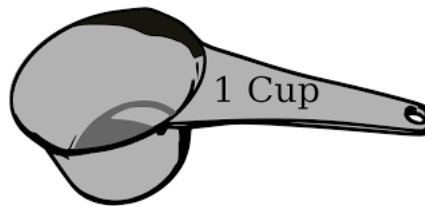
butter knife



1 tablespoon



grater

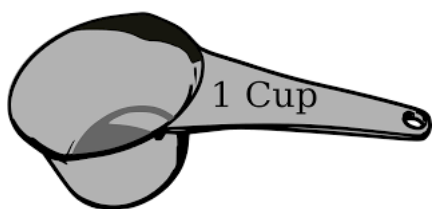


1 cup measurement



1 teaspoon

You will need:



1 cup grated cheddar cheese



4 tablespoons butter

You will need:



1 teaspoon mustard



3 slices bread



Steps

1.



get mixing bowl

2.



get grater and grate cheddar
cheese

3.



add grated cheddar
cheese

4.



add butter

Steps

5.



add mustard

6.



get mixing spoon

7.



gently mix together

8.



**put bread in plate, use
butter knife to spread
cheese paste**

Steps

9.



sandwich bread together

10



cut in triangle shape

11. enjoy!!!





Note to Parent

- 1. Please supervise while using sharp objects.**
- 2. Allow the child to engage in all activities as much as possible**



Modifications

1. Grated carrots can be added to recipe.
2. Mayonnaise can be omitted, the creaminess of the butter will work. Grated garlic added tastes yummy and can be used as garlic cheese spread.

Trail mix



Tools



wash hands



cereal bowl



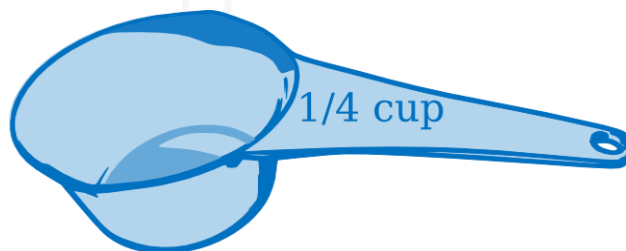
1 cup measurement



mixing spoon



half cup measurement



quarter cup measurement

You will need:



1 cup

Cereals



cheerios



granola



fruit O's

You will need:



half cup

nuts



cashew nuts



peanuts



You will need:



quarter cup

dried fruits



cranberries



raisins

You will need:



quarter cup

other snacks



m&m's or skittles of favorite choices

Steps

1.



get cereal bowl

2.



add fruit O's

3.



add cheerios

4.



add granola

Steps

5.



add fruit O's

6.



add peanuts

7.



add almonds

8.



add walnuts

Steps

9.



add cranberries

10.



add raisins

11.



add m&m's

or



add skittles

Steps

12.



get mixing spoon

13.



mix together





Note to Parent

- 1. Please allow the child to make their choices of the snacks used for the trail mix.**
- 2. Should the child be allergic to nuts please omit.**
- 3. Please supervise and guide the child during the measurement process.**



Modifications

- 1. the choices of these ingredients vary and any type of cereals, dried fruits, or snacks can be used based on what the child prefers**

orange banana smoothie



Tools



wash hands



blender



measuring cup



drinking glass



half cup measurement



tablespoon

You will need:



1-1/2 cups orange juice



1 tablespoon lemon juice



You will need:



1 cup frozen strawberries



1 ripe banana

Steps

1.



**get 1-1/2 cups
orange juice**

2.



put juice in blender

3.



**get 1 tablespoon lemon
juice**

4.



put lemon juice in blender

Steps

5.



get 1cup
frozen strawberries



put strawberries in
blender

7.



peel banana

8.



slice banana

Steps

9.



put banana in blender

10.



cover blender and blend smoothie

11.



uncover blender

12.



pour smoothie into drinking glass

Steps

12.



drink and enjoy smoothie





Note to Parent

- 1. Please guide user with the blender especially when washing blades**
- 2. As much as possible allow child to cover and power on blender**
- 3. If they are being affected by the noise of the blender please do it for them, you might also want to ask them to cover their ears**
- 4. After blending allow them to pour their smoothie into the cup**



Modifications

- 1. Nuts, yogurt or any other fruit can be added.**
- 2. Granola or oats can also be added.**
- 3. Lime juice can be used rather than lemon juice**
- 4. Ice cubes can be added when blending fruits**

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Soft as a Cloud Play Dough



Kinetic Sand



Fluffy Slime

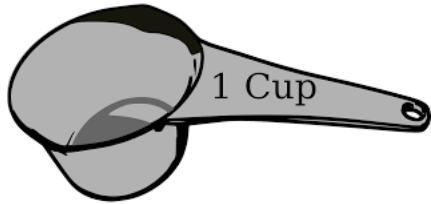


Recipes for Play

Soft as a cloud play dough



Tools



1 cup measurement



mixing bowl



mixing spoon

You will need:



2 cups corn starch



1 cup Hair Conditioner

Steps

1.



Place hair conditioner

2.



Add 1 cup of corn starch and stir

3.



Then add the last cup of cornstarch to the mixture.

4.



Constantly stir the mixture until it begins to form a thick ball.

Steps

5.



6.



put play dough out onto a clean surface and knead into a smooth ball with your hands.

Store in a plastic zip lock bag or air tight container.

Steps

7. have fun





Note to Parent

1. Please supervise accordingly in the event that the child may attempt to taste any ingredient.

2. This play dough recipe is not like other traditional play dough recipes and has no preservative in it, therefore it will not last as long as salt based play dough recipes. This is designed for a sensory experience, an alternative to other play dough and will become flaky and dry with continued play.

Modifications

- 1. Food coloring can also be added to the mixture for desired colors.**

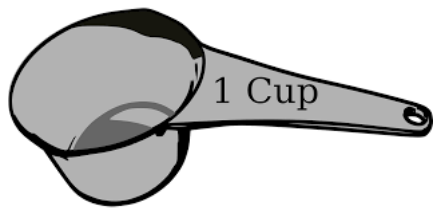


- 2. Add more cornstarch if the play dough is sticky.**
- 3. 1 drop essential oil can also be added
e.g. peppermint oil**

Kinetic Sand



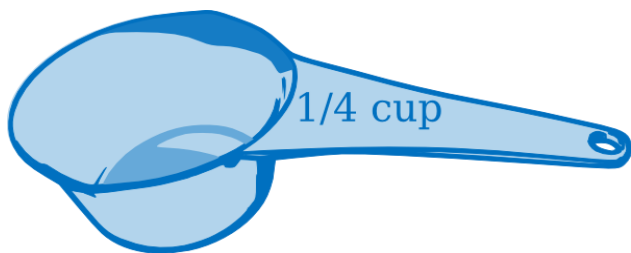
Tools



1 cup measurement



mixing bowl and spoon



quarter cup measurement



half cup measurement



3/4 cup measurement

You will need:



6 cups sand



1 and 1/2 cups corn starch

You will need:



2 teaspoons dishwashing liquid

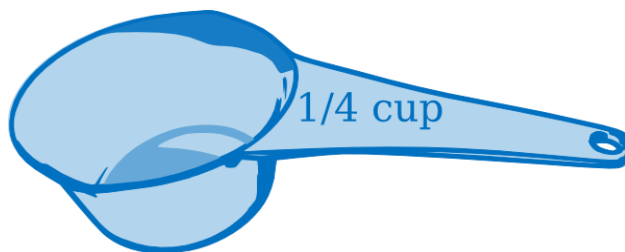
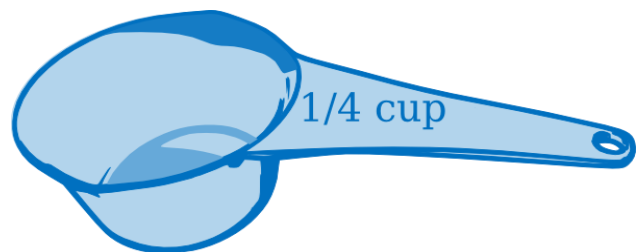
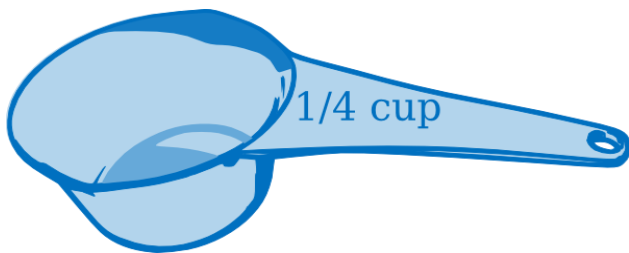
You will need:



**Three quarter cup
measurement water**

water

OR



Steps



get mixing bowl and spoon



add sand and corn starch



mix

Steps



Add dishwashing liquid to water in a separate container
stir until mixed and a little bubbly

Steps



add soapy water to sand and corn starch
stir until well mixed



now we are ready for play



Note to Parent

- 1. Please supervise accordingly in the event that the child may attempt to taste any ingredient.**
- 2. If you put sand away after it has dried out, it will store better.**
- 3. When child is ready to play again, let them add the same water measurement and mix.**
- 4. children can also use kinetic sand for writing their names.**

Modifications

1. Food coloring can also be added to the mixture for desired colors.

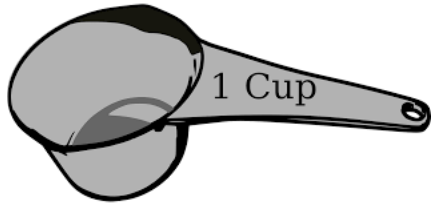


2. 1 Tin- 250 g shaving cream can be added to 3 cups of sand instead of soapy water for shaving cream sand. Child can mix this with their hands.

Fluffy Slime



Tools



1 cup measurement

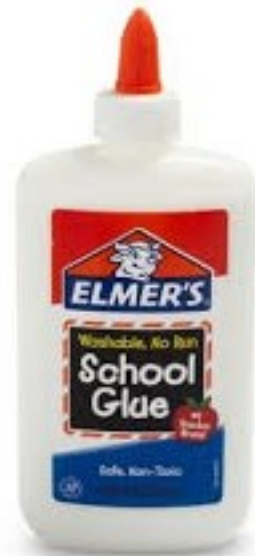


mixing bowl



mixing spoon

You will need:

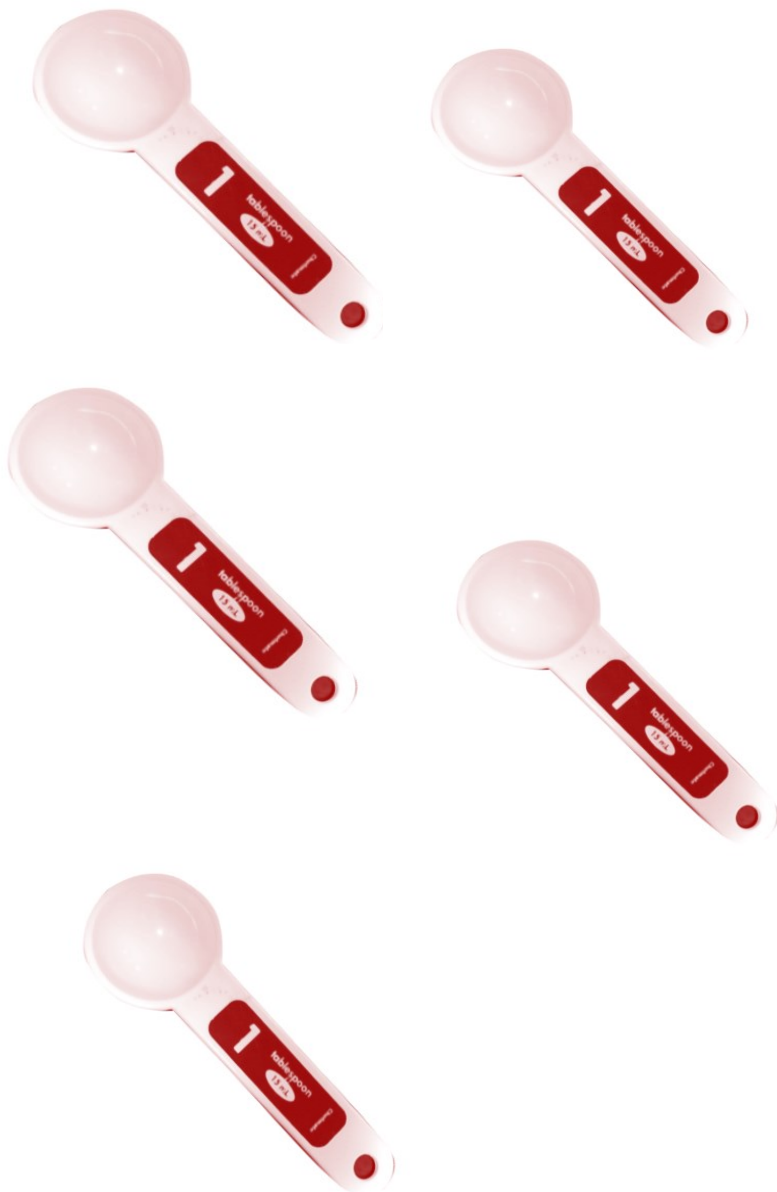


1 cup glue



3 cups shaving cream

You will need:



5 tablespoons contact lens solution

Steps



measure and empty glue in bowl



**measure and add
shaving cream
mix well**

Steps



Measure contact lens solution



add contact lens solution

mix well

Steps



let's have some fun



Note to Parent

- 1. Please supervise accordingly in the event that the child may attempt to taste any ingredient.**
- 2. As a fun learning tool you can add plastic toys or marbles to slime for child to take out.**



Modifications

- 1. Food coloring can also be added to the mixture for desired colors if white or clear glue is used.**
- 2. Glitter or color liquid or gel glue can be used rather than white glue.**



Thank You

We do hope that you enjoyed every bit of our first publication. Feel free to let us know of your experiences working with your child in creating each recipe. We also want to hear of your child's experiences in creating and enjoying these master pieces.

Have FUN!!!!!!

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