

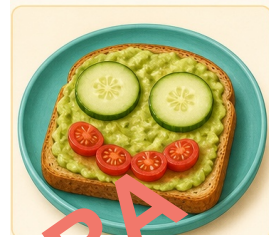
BILINGUAL VISUAL RECIPES & KITCHEN SAFETY

RECETAS VISUALES BILINGÜES Y SEGURIDAD EN LA COCINA

Visual steps, AAC, sequencing, food autonomy and adult safety planning | Ages 3-6



BERRY BANANA YOGURT PARFAIT



AVOCADO TOAST FACE



MINI PITA PIZZA



STRAWBERRY BANANA SMOOTHIE

12 RECIPES

60 recipe pages

6 VISUAL STEPS

per recipe

SAFETY + AAC

adult-ready

92 PAGES | 12 RECIPES | COLOR + LOW-INK

US Letter + A4 | Pre-K - Kindergarten - Homeschool - ESL - Speech - Special Education

Adult plan - visual recipe - 6 steps - sequence - communicate - clean up

A complete early-kitchen visual learning system

12 bilingual recipes

Five pages per recipe: overview, six visual steps, sequence/communication and low-ink recipe.

12 original action visuals

Handwashing, plan check, clean space, gather, pour, scoop, spread, layer, stir, communicate, clean and serve.

Color + low-ink

Cut-apart action cards, full message menus, safety and communication boards in both print styles.

Adult safety planning

Allergy, cross-contact, feeding, swallowing, texture, heat, appliance, tool, storage and supervision checks.

AAC and food autonomy

Help, stop, no thank you, separate, different texture, more time, break, taste and finished.

Early learning practice

Sequencing, WH questions, ingredients/tools sorting, safety situations, counting, matching and observation.

US Letter + A4

Two complete printer-ready editions with consistent page order and navigation bookmarks.

Answer notes + license

Adult implementation guidance, answer key, skill tracker, observation form and single-user license.

PREVIEW - MUESTRA

This is an educational visual resource. It does not replace medical, allergy, feeding, swallowing, nutrition, food-safety or emergency plans. Adults select ingredients, brands, portions, textures, tools, appliances, temperatures and supervision for each learner.

Ready - Make - Finish / Listo - Prepara - Termina



1

READY / LISTO

Wash hands, check the current food plan and clean the work surface.



2

MAKE / PREPARA

Gather approved ingredients and tools. Follow the visual steps with adult supervision.



3

FINISH / TERMINA

Communicate, serve safely, clean the space and store food with the adult plan.

PREVIEW - MUESTRA

Adults prepare food pieces and complete heat, blade, appliance and storage tasks.
The child may participate, observe, pause or decline any sensory or tasting step.

Cut on the pale dashed guides



Wash hands
Lávate las manos



Check my food plan
Revisa mi plan de alimentos



Clean my space
Limpia mi espacio



Gather tools
Reúne los utensilios

Kitchen safety rules

Adults teach the rule with the real kitchen and individual plan.



Clean hands and space

Manos y espacio limpios



Check the food plan

Revisa el plan de alimentos



Use only approved tools

Usa solo utensilios aprobados



Adult handles heat and blades

El adulto maneja calor y cuchillas



Communicate help or stop

Comunica ayuda o alto



Clean and store safely

Limpia y guarda con seguridad

PREVIEW - MUESTRA

Stop the activity for an allergy sign, choking concern, burn, cut, pain, illness or unsafe environment.
Follow the current emergency plan and contact the authorized adult or emergency service as required.

My kitchen communication

Accept words, sign, gesture, AAC, pointing, movement, facial expression or behavior.



I need help

Necesito ayuda



Stop

Alto



No thank you

No, gracias



Keep foods separate

Separar los alimentos



Different texture

Otra textura



I am finished

Terminé



PREVIEW - MUESTRA

Respond before asking for repetition. Do not require speech, eye contact, tasting or a full sentence.
Food refusal and sensory communication are information, not misbehavior.

Berry Banana Yogurt Parfait

Parfait de yogur, plátano y frutos rojos



TIME / TIEMPO: 8 min **SERVES / PORCIÓN:** 1

TOOLS / UTENSILIOS

Clear cup, spoon, measuring cup / Vaso, cuchara, taza medidora

ADULT SAFETY CHECK

Adult approves dairy alternative, fruit texture, size and brand ingredients.

INGREDIENTS / INGREDIENTES

- 1** 1/2 cup yogurt
1/2 taza de yogur
- 2** 1/4 banana, prepared
1/4 de plátano, preparado
- 3** 1/4 cup prepared berries
1/4 taza de frutos rojos preparados
- 4** 2 tbsp oat cereal
2 cdas. de cereal de avena

6 VISUAL STEPS / 6 PASOS VISUALES



Wash hands



Gather the cup, spoon and ingredients



Scoop half the yogurt into the cup



Add cereal and prepared banana



Add the rest of the yogurt and berries



Serve

Skills / Habilidades: scoop - layer - choose - communicate

El adulto aprueba la alternativa láctea, textura, tamaño y marcas.

Steps 1-3 / Pasos 1-3

Berry Banana Yogurt Parfait

Parfait de yogur, plátano y frutos rojos



1

Wash hands. Check the food plan.

Lávate las manos. Revisa el plan.



2

Gather the cup, spoon and ingredients.

Reúne el vaso, la cuchara y los ingredientes.



3

Scoop half the yogurt into the cup.

Sirve la mitad del yogur en el vaso.



PREVIEW - MUESTRA

Adult approves dairy alternative, fruit texture, size and brand ingredients.

Adult checks the current plan at every step. Pause and respond to communication or any safety concern.

Sequence, show and communicate

Berry Banana Yogurt Parfait

Parfait de yogur, plátano y frutos rojos



Wash hands. Check the food plan.

Lávate las manos. Revisa el plan.



Gather the cup, spoon and ingredients.

Reúne el vaso, la cuchara y los ingredientes.



Scoop half the yogurt into the cup.

Sirve la mitad del yogur en el vaso.



Add cereal and prepared banana.

Agrega el cereal y el plátano preparado.



Add the rest of the yogurt and berries.

Agrega el resto del yogur y los frutos rojos.



Serve. Communicate taste, no or finished.

Sirve. Comunica sabor, no o terminé.

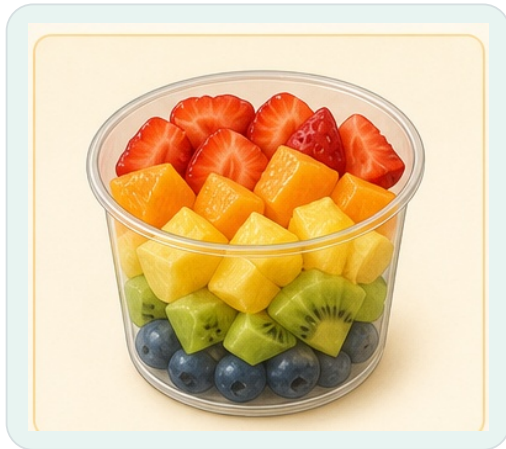
Show or tell / Muestra o di:

What did we make? What came first? Which tool did we use? What can I communicate?

¿Qué preparamos? ¿Qué fue primero? ¿Qué utensilio usamos? ¿Qué puedo comunicar?

Rainbow Fruit Cup

Vaso de frutas arcoíris



TIME / TIEMPO: 10 min **SERVES / PORCIÓN:** 1

TOOLS / UTENSILIOS

Clear cup, spoon, four small bowls / Vaso, cuchara, cuatro tazones

ADULT SAFETY CHECK

Adult changes firmness, skin, seeds, shape and size for the individual eating plan.

INGREDIENTS / INGREDIENTES

- 1 **1/4 cup prepared red fruit**
1/4 taza de fruta roja preparada
- 2 **1/4 cup prepared orange fruit**
1/4 taza de fruta naranja preparada
- 3 **1/4 cup prepared green fruit**
1/4 taza de fruta verde preparada
- 4 **1/4 cup prepared blue fruit**
1/4 taza de fruta azul preparada

6 VISUAL STEPS / 6 PASOS VISUALES



Wash hands



Gather one cup and four fruit bowls



Scoop the first color into the cup



Layer the second and third colors



Add the last color



Serve or save with the adult plan

Skills / Habilidades: color - pattern - scoop - sequence

El adulto adapta firmeza, piel, semillas, forma y tamaño al plan individual.

Avocado Toast Face

Tostada de aguacate con cara divertida



TIME / TIEMPO: 10 min SERVES / PORCIÓN: 1

TOOLS / UTENSILIOS

Plate, bowl, fork, rounded spreader / Plato, tazón, tenedor, untador

ADULT SAFETY CHECK

Adult operates toaster, cools bread and approves every food piece and tool.

INGREDIENTS / INGREDIENTES

- 1 1 slice toast, cooled
1 rebanada de pan tostado, fría
- 2 1/4 ripe avocado
1/4 de aguacate maduro
- 3 2 prepared cucumber pieces
2 piezas de pepino preparadas
- 4 3 prepared tomato pieces
3 piezas de tomate preparadas

6 VISUAL STEPS / 6 PASOS VISUALES



Wash hands



Gather the plate, bowl, fork and spreader



Mash the ripe avocado in the bowl



Spread avocado with approved support



Add cucumber eyes and a tomato smile



Serve

Skills / Habilidades: mash - spread - create - body safety

El adulto usa la tostadora, enfría el pan y aprueba alimentos y utensilios.

Cereal and Fresh Fruit Snack Mix

Mezcla de cereal y fruta fresca



TIME / TIEMPO: 7 min SERVES / PORCIÓN: 1

TOOLS / UTENSILIOS

Bowl, measuring cup, spoon / Tazón, taza medidora, cuchara

ADULT SAFETY CHECK

Adult selects cereal and prepares fruit for allergy, texture and choking plans.

INGREDIENTS / INGREDIENTES

- 1
 1/2 cup approved cereal
 1/2 taza de cereal aprobado
- 2
 1/4 cup prepared banana
 1/4 taza de plátano preparado
- 3
 1/4 cup prepared berries
 1/4 taza de frutos rojos preparados
- 4
 1 tbsp yogurt drops, optional
 1 cda. de yogur, opcional

6 VISUAL STEPS / 6 PASOS VISUALES

- 1
 Wash hands
- 2
 Gather the bowl, cup and spoon
- 3
 Measure cereal into the bowl
- 4
 Add the prepared banana and berries
- 5
 Stir gently one or two times
- 6
 Serve right away

Skills / Habilidades: measure - add - stir - clean

El adulto elige cereal y prepara fruta según alergias y textura.

Cut on the pale dashed guides



Wash hands

Lávate las manos



Check my food plan

Revisa mi plan de alimentos



Clean my space

Limpia mi espacio



Gather tools

Reúne los utensilios

Recipe sequencing master

Draw, write or attach six recipe steps. Then number them 1-6.

STEP 1 / PASO 1

Picture, words or removable card

STEP 2 / PASO 2

Picture, words or removable card

STEP 3 / PASO 3

Picture, words or removable card

STEP 4 / PASO 4

Picture, words or removable card

STEP 5 / PASO 5

Picture, words or removable card

STEP 6 / PASO 6

Picture, words or removable card

PREVIEW - MUESTRA

Accept pointing, matching, dictation, AAC, drawing, writing or adult-supported placement.
Use only steps that accurately match the selected recipe and current plan.

Flexible answers with non-negotiable safety rules

SEQUENCING

Use the six numbered steps on the selected recipe pages. Accept an accessible match, point, placement, dictation or AAC response.

INGREDIENT OR TOOL

Ingredients are eaten or drunk. Tools prepare or serve. Heat, blades, powered appliances and plan checks remain adult-only unless a qualified plan explicitly states otherwise.

SAFETY SITUATIONS

Pause for an unchecked label; avoid hot food; communicate help; adult handles sharp tools; stop for body concerns; clean and store after finishing.

WHO

The authorized adult checks labels, food plans, cutting, heat, appliances, temperature, storage and emergency response.

WHAT, WHERE, WHEN

Answers come from the selected recipe and site plan. Use the real ingredients, tool, location and sequence.

WHY AND HOW

Safety checks reduce known risks. The learner can communicate through words, sign, gesture, AAC, pointing, facial expression, body movement or behavior.

PREVIEW - MUESTRA

Open-ended communication and reflection do not have one correct response.

Safety answers always defer to the current individualized plan, site policy and authorized adult.

Prepare - model - wait - respond - review

PREPARE

- Verify current allergy, health, feeding and swallowing plans
- Select exact brands, textures, tools, portions and adult roles
- Prepare visuals, AAC, seating, clean space and storage

MODEL

- Use short accurate language and show one step at a time
- Model communication without demanding imitation
- Offer only options that are truly available and safe

RESPOND

- Honor help, stop, no thank you, different and finished
- Pause for discomfort, distress, reaction or safety concerns
- Use the current emergency plan when required

REVIEW

- Record access and barriers with neutral observable language
- Update the plan with family and authorized team members
- Keep child information private and securely stored

PREVIEW - MUESTRA

SCOPE

This educational resource supports visual access, communication and early life skills. It does not replace medical, allergy, feeding, swallowing, nutrition, occupational therapy, food-safety, supervision or emergency procedures.

Food exploration is optional. Dignity, communication and safety take priority over completing a recipe.
Adults remain responsible for all ingredient, tool, appliance, temperature, storage and emergency decisions.