

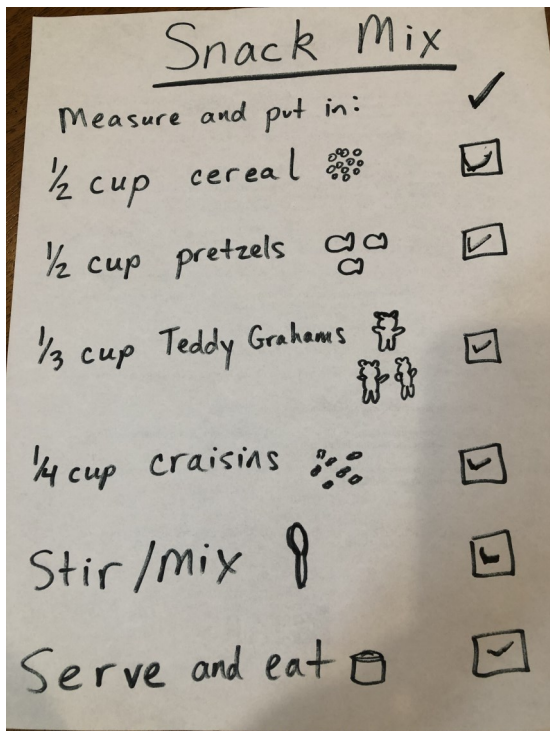
Visual Recipe: Pantry Snack Mix

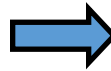
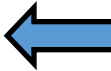
Set-up Time: 10 minutes

*This is a great activity to practice following directions (using a recipe) and to teach measurement! Please use whatever you have in your pantry to make this snack mix. This can be cereal, dried fruits (like raisins/craisins), nuts, Goldfish crackers, Teddy Grahams, and pretzels. Make whatever creative mix you can think of using 3-4 of these ingredients.

Set-up (10 minutes):

- Get out ingredients, measuring cups, medium/large size bowl, and spoon. You can pour the ingredients into separate bowls to make measuring a little easier, or you can leave the ingredients in their packaging.
- Write out your recipe using scratch paper and pen/marker. See the photo below for the recipe that I used. If your child can read, you don't need to add pictures. My daughter is an emerging reader, so I added some pictures to help her be more independent when making the recipe.





Teaching Your Child

- Before making this recipe with your child, bring out the measuring cups. Show them the different sizes of cups and where the size is displayed on the cup. Discuss which cup holds more, which holds less.
- When your child makes the snack mix, make sure you have all the ingredients and measuring cups accessible to them. They need to be able to easily reach these.
- If your child has never cooked before, remember to teach using our prompt hierarchy (physical prompts, modeling, gestural prompts, and independence). Try limiting the amount of talking you are doing when teaching this to your child to help support their independence.