VISUAL RECIPES

NO STOVE, NO OVEN

Picture steps · High school life skills



40 RECIPES

Cut and glue · Measuring · Answer keys

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- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
- The name line, every answer box, every ruled work box, every check box and every table cell on the student pages are type-in fields, and so are the tracker, class grid, team note and family page. You can also print any page and write by hand.
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Print at 100 percent

Turn off fit to page and shrink to fit so the ruled lines stay 0.34 inch apart and the cut pieces stay the size shown. Every student page is readable in black and white inside a colored border.

Student work

A filled-in tracker, class grid or team note carries a real student's name. Keep it in the data folder, and use a first name only on any page that leaves your hands.

Need help?

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PREVIEW

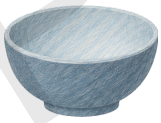
Preview - Bright Path Sped

My name _____ Date _____

Before and After Cooking

Check each box before and after you cook.

Before I cook

1.  Wash my hands with soap. ☐
2.  Dry my hands. ☐
3.  Put on my apron. ☐
4.  Read the whole recipe first. ☐
5.  Get the food and the tools. ☐
6.  Check the microwave is empty. ☐

After I cook

1.  Put the food away. ☐
2.  Wash the bowl and the spoon. ☐
3.  Wipe the counter. ☐
4.  Wash my hands again. ☐

One thing I will do well today:

PREVIEW

Preview - Bright Path Sped

My name _____ Date _____

Microwave Quesadilla



Read the recipe. Do each step. Tick it when it is done.

Food I need



Tortilla
1



Cheese
1/4 cup

Tools I need



plate



measuring cup



microwave



First, wash my hands with soap.



1 Put the tortilla on the plate.





☐ **done**

2 Measure 1/4 cup of cheese.





☐ **done**

3 Sprinkle the cheese on half of the tortilla.



☐ **done**

4 Fold the tortilla in half.



☐ **done**

5 Microwave it.



Time ☐ **seconds**

☐ **done**

6 Let it cool. It is ready to eat.



☐ **done**

PREVIEW

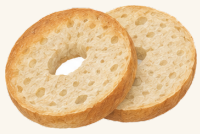
My name _____ Date _____

Cream Cheese Bagel



Read the recipe. Do each step. Tick it when it is done.

Food I need



Bagel
1



Cream cheese
2 tablespoons



Cucumber
4 slices

Tools I need



plate



table knife



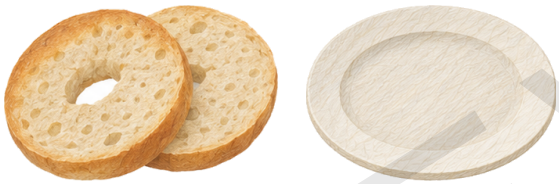
measuring spoons



First, wash my hands with soap.



1 Put the bagel halves on the plate.



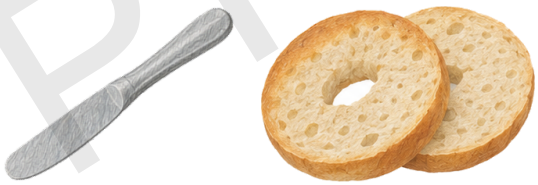
☐ **done**

2 Measure 2 tablespoons of cream cheese.



☐ **done**

3 Spread it on the bagel with the table knife.



☐ **done**

4 Add 4 cucumber slices.



☐ **done**

5 Press the cucumber slices down gently.



☐ **done**

6 Eat it open-faced.



☐ **done**

PREVIEW

My name _____ Date _____

Peanut Butter Banana Bites



Read the recipe. Do each step. Tick it when it is done.

Food I need



Banana
1



Peanut butter
2 tablespoons



Chopped nuts
2 tablespoons

Tools I need



plate



table knife



measuring spoons



First, wash my hands with soap.



1 Peel the banana. Put it on the plate.

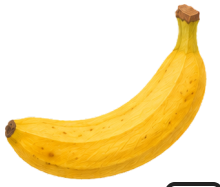




☐ **done**

2 Cut it into 8 round slices with the table knife.





☐ **done**

3 Measure 2 tablespoons of peanut butter.





☐ **done**

4 Spread a little on each banana slice.





☐ **done**

5 Measure 2 tablespoons of nuts. Sprinkle them on.





☐ **done**

6 Eat the bites.



☐ **done**

PREVIEW

Preview - Bright Path Shed

My name _____ Date _____

Ice Cream Sundae



Read the recipe. Do each step. Tick it when it is done.

Food I need



Ice cream
2 scoops



Banana
1/2 banana



Sprinkles
1 teaspoon

Tools I need



bowl



spoon



table knife



measuring spoons



First, wash my hands with soap.



1 Put the bowl on the counter.



☐ **done**

2 Slice the banana with the table knife. Put the slices in the bowl.



☐ **done**

3 Scoop 2 scoops of ice cream onto the banana.





☐ **done**

4 Measure 1 teaspoon of sprinkles.





☐ **done**

5 Shake the sprinkles on top.



☐ **done**

6 Eat it with the spoon right away.



☐ **done**

PREVIEW

Preview - Bright Path Sped

My name _____ Date _____

Food or Tool?



Cut out the six cards. Glue each one in Food or Tool.

Food goes in your mouth. A tool helps you cook.

Food	Tool

PREVIEW

Cut on the dashed lines. Six pieces: one cut across and two down.



spoon



Yogurt



bowl



Tomato



microwave



Nuts

Preview - Bright Path Sped

My name _____ Date _____

Put the Steps in Order



Cut out the six cards. Read them. Glue them in order, 1 to 6.

Recipe: Microwave Cheese Nachos. Which step is first? Which is last?

1	2
3	4
5	6

PREVIEW

Cut on the dashed lines. Six pieces: one cut across and two down.



Measure 1/4 cup of cheese. Sprinkle it on.



Careful, it is hot. Let it cool.



Measure 2 tablespoons of salsa. Spoon it on top.



Eat the nachos.



Spread the chips on the plate.



Microwave it.

Preview - Bright Path Sped

My name _____ Date _____

Put the Steps in Order



Cut out the six cards. Read them. Glue them in order, 1 to 6.

Recipe: Peanut Butter and Jelly Sandwich. Which step is first? Which is last?

1	2
3	4
5	6

PREVIEW

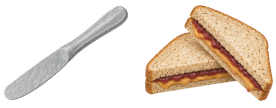
Cut on the dashed lines. Six pieces: one cut across and two down.



Measure 1 tablespoon of jelly. Spread it on the other slice.



Put 2 slices of bread on the plate.



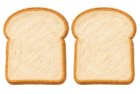
Cut it in half with the table knife.



Spread it on one slice with the table knife.



Measure 2 tablespoons of peanut butter.



Put the two slices together.

My name _____ Date _____

Put the Steps in Order



Cut out the six cards. Read them. Glue them in order, 1 to 6.

Recipe: Microwave Mac and Cheese Mug. Which step is first? Which is last?

1

2

3

4

5

6

PREVIEW

Cut on the dashed lines. Six pieces: one cut across and two down.



Measure 3/4 cup of water. Pour it in.



Careful, it is hot. Stir with the fork.



Measure 1/4 cup of cheese. Stir it in.



Let it cool. Eat it with the fork.



Measure 1/2 cup of macaroni. Pour it in the mug.



Microwave it.

Preview - Bright Path Shed

My name _____ Date _____

Put the Steps in Order



Cut out the six cards. Read them. Glue them in order, 1 to 6.

Recipe: Breakfast Burrito. Which step is first? Which is last?

1	2
3	4
5	6

PREVIEW

Cut on the dashed lines. Six pieces: one cut across and two down.



Microwave it.



Add the cheese. Roll it up. Eat.



Crack 2 eggs into the bowl.



Put the tortilla on the plate. Put the eggs on it.



Mix it with the fork.



Careful, it is hot. Stir with the fork.

Preview - Bright Path Read

My name _____ Date _____



Check My Work

Tick what you used. Tell how it tasted.

Recipe: Trail Mix

Tools I need (tick each one I used):



bowl ☐



measuring cup ☐



spoon ☐



snack bag ☐

Food I need (tick each one I used):



Nuts ☐



Raisins ☐



Pretzels ☐



Popcorn ☐

I did all six steps in order: ☐ yes ☐ not yet

How did it taste? ☐ great ☐ okay ☐ not for me

Would I make it again? ☐ yes ☐ maybe ☐ no

What I liked about it:

What I would change next time:

PREVIEW

Preview - Bright Path Shed

My name _____ Date _____



Check My Work

Tick what you used. Tell how it tasted.

Recipe: Cheese and Cracker Plate

Tools I need (tick each one I used):



plate ☐

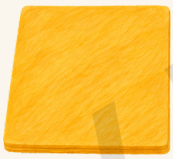


table knife ☐

Food I need (tick each one I used):



Crackers ☐



Cheese ☐



Grapes ☐

I did all six steps in order: ☐ yes ☐ not yet

How did it taste? ☐ great ☐ okay ☐ not for me

Would I make it again? ☐ yes ☐ maybe ☐ no

What I liked about it:

What I would change next time:

PREVIEW

My name _____ Date _____

Check My Work



Tick what you used. Tell how it tasted.

Recipe: Ants on a Log

Tools I need (tick each one I used):



plate ☐



table knife ☐



measuring spoons ☐

Food I need (tick each one I used):



Celery sticks ☐



Peanut butter ☐



Raisins ☐

I did all six steps in order: ☐ yes ☐ not yet

How did it taste? ☐ great ☐ okay ☐ not for me

Would I make it again? ☐ yes ☐ maybe ☐ no

What I liked about it:

What I would change next time:

PREVIEW

My name _____ Date _____



Check My Work

Tick what you used. Tell how it tasted.

Recipe: Microwave Popcorn

Tools I need (tick each one I used):



bowl ☐



measuring spoons ☐



microwave ☐

Food I need (tick each one I used):



Popcorn bag ☐



Cheese ☐

I did all six steps in order: ☐ yes ☐ not yet

How did it taste? ☐ great ☐ okay ☐ not for me

Would I make it again? ☐ yes ☐ maybe ☐ no

What I liked about it:

What I would change next time:

PREVIEW

Preview - Bright Path Sped

My name _____ Date _____



Check My Work

Tick what you used. Tell how it tasted.

Recipe: Cheesy Toast

Tools I need (tick each one I used):



plate ☐

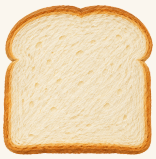


table knife ☐

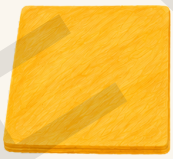


microwave ☐

Food I need (tick each one I used):



Bread ☐



Cheese ☐

I did all six steps in order: ☐ yes ☐ not yet

How did it taste? ☐ great ☐ okay ☐ not for me

Would I make it again? ☐ yes ☐ maybe ☐ no

What I liked about it:

What I would change next time:

PREVIEW

My name _____ Date _____

Words-Only Recipe Cards




Read the recipe. Do each step. Tick it when it is done.

Lemonade

Food: Water: 1 cup; Lemon juice: 2 tablespoons; Sugar: 2 teaspoons; Ice cubes: 4.
Tools: glass, measuring cup, measuring spoons, spoon.

1. Measure 1 cup of water. Pour it in the glass. ☐ done
2. Measure 2 tablespoons of lemon juice. Add it. ☐ done
3. Measure 2 teaspoons of sugar. Add it. ☐ done
4. Stir with the spoon until the sugar is gone. ☐ done
5. Add 4 ice cubes. ☐ done
6. Drink it. ☐ done

Garden Salad

Food: Lettuce: 2 leaves; Tomato: 4 slices; Cucumber: 6 slices; Cheese: 1/4 cup.
Tools: bowl, measuring cup, fork.

1. Tear 2 lettuce leaves into the bowl. ☐ done
2. Add the tomato slices. ☐ done
3. Add 6 cucumber slices. ☐ done
4. Measure 1/4 cup of cheese. Sprinkle it on. ☐ done
5. Toss with the fork. ☐ done
6. Eat it. ☐ done

PREVIEW

Preview - Bright Path Shed

My name _____ Date _____

Words-Only Recipe Cards




Read the recipe. Do each step. Tick it when it is done.

Cereal Bowl

Food: Cereal: 1 cup; Milk: 1/2 cup; Banana: 1/2 banana.
Tools: bowl, measuring cup, spoon, table knife.

1. Put the bowl on the counter. ☐ done
2. Measure 1 cup of cereal. Pour it in the bowl. ☐ done
3. Slice the banana with the table knife. Add the slices. ☐ done
4. Measure 1/2 cup of milk. ☐ done
5. Pour the milk into the bowl. ☐ done
6. Eat it with the spoon. ☐ done

Chips and Guacamole

Food: Avocado: 1 (cut open); Tortilla chips: 12; Lemon juice: 1 teaspoon.
Tools: bowl, spoon, fork, measuring spoons.

1. Scoop the soft avocado into the bowl with the spoon. ☐ done
2. Mash it with the fork. ☐ done
3. Measure 1 teaspoon of lemon juice. ☐ done
4. Stir the lemon juice in. ☐ done
5. Count 12 tortilla chips. ☐ done
6. Dip a chip in the guacamole. Eat. ☐ done

PREVIEW

Answer Key: Measuring and Reading

How Much Is in the Cup?, Spoon or Cup?, the two Read the Recipe pages, and what to accept on the open pages.

How Much Is in the Cup? page 90

#	Answer
1	1/2 cup
2	1/4 cup
3	1 cup
4	3/4 cup
5	1/4 cup
6	3/4 cup
7	line marked 1/2
8	line marked 3/4
9	line marked 1/4

Spoon or Cup? page 91

#	Answer
1	measuring spoons
2	measuring cup
3	measuring spoons
4	measuring cup
5	measuring spoons
6	measuring cup

Read the Recipe (Pictures) page 92

#	Answer
1	6
2	microwave
3	5
4	1/4 cup

Read the Recipe (Words) page 93

#	Answer
1	bowl, measuring cup, spoon, microwave
2	3
3	Careful, it is hot. Let it cool.
4	Read the whole recipe. Wash my hands. (Any true answer.)

Reading the cup key

On the cups page, items 1 to 6 are read from the water line against the marks 1/4, 1/2, 3/4 and 1. Items 7 to 9 are shaded: check that the color reaches the line named. A student who writes the right number but shades past the line has read well and needs practice stopping at the mark. On the spoons page, the write-in answer is a tablespoon (it holds more than a teaspoon).

Open pages: what to accept

- **Page 155, My Own Recipe:** a name, up to four foods, up to three tools and up to six steps in an order that makes sense. Pictures and words both count.
- **Page 156, Plan My Meal:** one recipe ticked, the foods it needs with amounts from that recipe's page, and a plan for who, when and what first.
- **Page 157, How Did It Go?:** the student's own marks. A blank means not tried yet, never wrong.

Microwave times

15 of the 40 recipes use a microwave. Write your own seconds in the last column of the menu on pages 5 and 6, then copy each number into the Time box on that recipe's step card before the student cooks. The Microwave Mug Scramble step 5 says 30 more seconds: check that against your own microwave too.

PREVIEW