



EASY TO FOLLOW STEP-BY-STEP VISUAL *recipes*

EACH RECIPE INCLUDES:

- >>> **INGREDIENTS AND TOOLS LIST**
- >>> **STEPS TO COMPLETE**



15
VERSIONS
INCLUDED!

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EASY TO FOLLOW STEP-BY-STEP

VISUAL

recipes

LIST OF RECIPES:

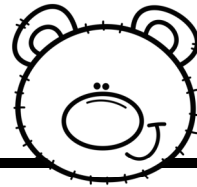


- >>> RECIPE 1: POLAR BEAR TOAST
- >>> RECIPE 2: POLAR BEAR RICE CAKE
- >>> RECIPE 3: HEART TOAST
- >>> RECIPE 4: LEAF TOAST
- >>> RECIPE 5: STRAWBERRY BANANA SMOOTHIE
- >>> RECIPE 6: BLUEBERRY SMOOTHIE
- >>> RECIPE 7: BREAKFAST YOGURT CUP
- >>> RECIPE 8: PITA POCKET
- >>> RECIPE 9: APPLESAUCE
- >>> RECIPE 10: UNDER THE SEA CRACKER SNACK
- >>> RECIPE 11: SIMPLE SALAD
- >>> RECIPE 12: TEDDY BEAR RICE CAKE
- >>> RECIPE 13: MEAT SANDWICH
- >>> RECIPE 14: CHEESE SANDWICH
- >>> RECIPE 15: HOT CHOCOLATE



POLAR BEAR TOAST

recipe



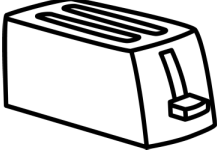
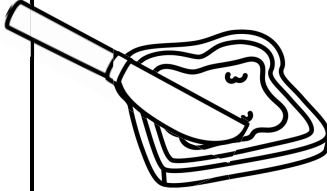
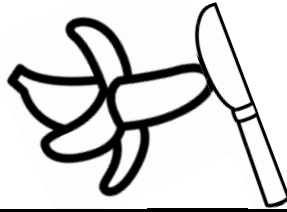
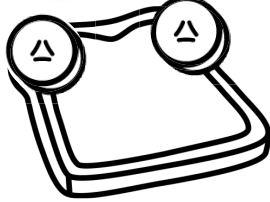
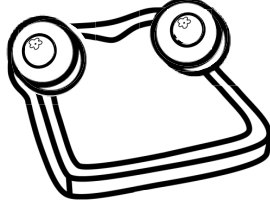
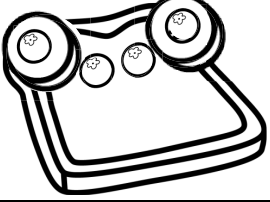
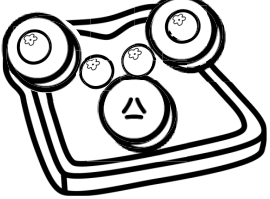
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	Toaster	<input type="checkbox"/>
	1 Slice of Bread	<input type="checkbox"/>
	Cream Cheese	<input type="checkbox"/>
	1 Banana	<input type="checkbox"/>
	4 Blueberries	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>

POLAR BEAR TOAST

recipe

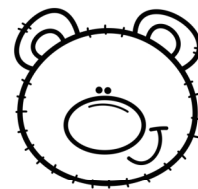
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STEPS TO COMPLETE

1	Place bread into the toaster; remove when done.		<input type="checkbox"/>
2	Use knife to spread cream cheese onto the toast.		<input type="checkbox"/>
3	Use knife to slice banana to make 3 circles. * Be sure to have an adult's supervision and assistance.		<input type="checkbox"/>
4	Place 1 banana circle at the top left of the toast to make one ear. Place second banana circle at the top right of the toast to make second ear.		<input type="checkbox"/>
5	Place 1 blueberry on top of the left ear. Place the second blueberry on top of the right ear. The ears are now complete.		<input type="checkbox"/>
6	Place two blueberries next to one another near the center of the toast. The eyes are now complete.		<input type="checkbox"/>
7	Place the third banana circle below the blueberry eyes. Place a blueberry on top of this banana circle. The snout is now complete.		<input type="checkbox"/>

POLAR BEAR

RICE CAKE *recipe*



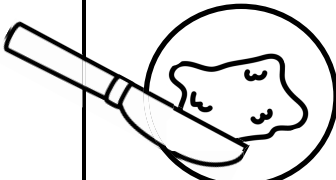

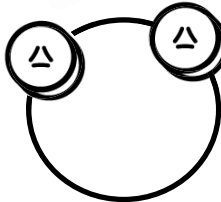
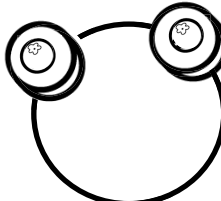
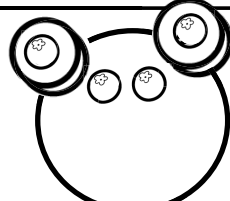
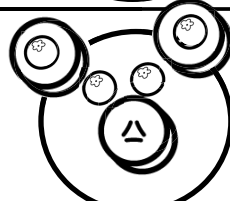
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	1 Rice Cake	<input type="checkbox"/>
	Marshmallow Fluff	<input type="checkbox"/>
	1 Banana	<input type="checkbox"/>
	4 Blueberries	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>

POLAR BEAR RICE CAKE

recipe

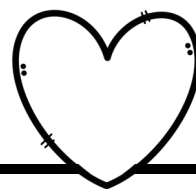
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STEPS TO COMPLETE


1	Use knife to spread marshmallow fluff onto the rice cake.		<input type="checkbox"/>
2	Use knife to slice banana to make 3 circles. * Be sure to have an adult's supervision and assistance.		<input type="checkbox"/>
3	Place 1 banana circle at the top left of the toast to make one ear. Place second banana circle at the top right of the rice cake to make second ear.		<input type="checkbox"/>
4	Place 1 blueberry on top of the left ear. Place the second blueberry on top of the right ear. The ears are now complete.		<input type="checkbox"/>
5	Place two blueberries next to one another near the center of the rice cake. The eyes are now complete.		<input type="checkbox"/>
6	Place the third banana circle below the blueberry eyes. Place a blueberry on top of this banana circle. The snout is now complete.		<input type="checkbox"/>

HEART TOAST

recipe



INGREDIENTS AND TOOLS LIST

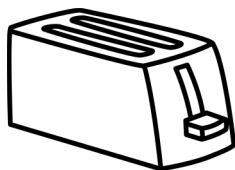

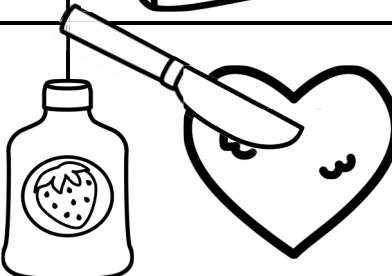
	Toaster	<input type="checkbox"/>
	1 Slice of Bread	<input type="checkbox"/>
	Heart Shaped Cookie Cutter	<input type="checkbox"/>
	Red Jelly or Jam	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>

HEART TOAST

recipe

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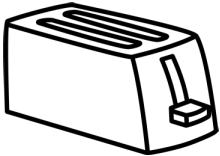
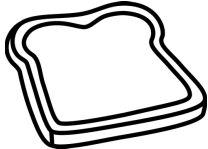




STEPS TO COMPLETE

1	Place bread into the toaster; remove when done.		<input type="checkbox"/>
2	Press heart cutter into toast; remove heart and discard extra bread.		<input type="checkbox"/>
3	Use knife to spread heart with red jelly or jam.		<input type="checkbox"/>

LEAF TOAST

recipe



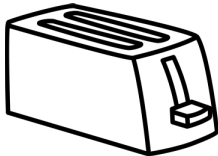
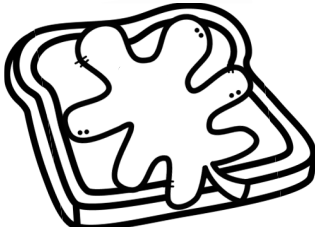
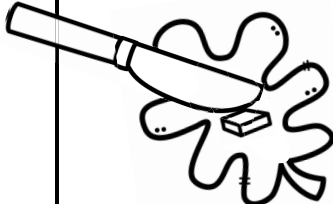

INGREDIENTS AND TOOLS LIST		
	Toaster	<input type="checkbox"/>
	1 Slice of Bread	<input type="checkbox"/>
	Leaf Shaped Cookie Cutter	<input type="checkbox"/>
	Butter	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>
	Cinnamon	<input type="checkbox"/>

LEAF TOAST

recipe

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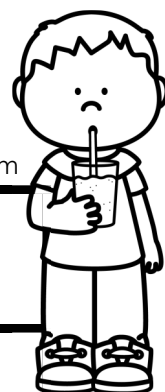
STEPS TO COMPLETE

1	Place bread into the toaster; remove when done.		<input type="checkbox"/>
2	Press leaf cutter into toast; remove leaf and discard extra bread.		<input type="checkbox"/>
3	Use knife to spread leaf with butter.		<input type="checkbox"/>
4	Sprinkle with cinnamon.		<input type="checkbox"/>



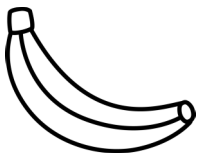




STRAWBERRY BANANA SMOOTHIE

recipe

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INGREDIENTS AND TOOLS LIST

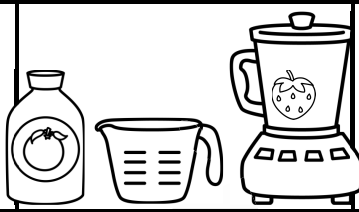
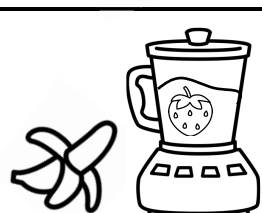


	1 cup Frozen Strawberries	<input type="checkbox"/>
	2 cups Orange Juice	<input type="checkbox"/>
	1 Banana	<input type="checkbox"/>
	$\frac{1}{2}$ cup Milk	<input type="checkbox"/>
	Blender	<input type="checkbox"/>
	Measuring Cups (1 cup and $\frac{1}{2}$ cup)	<input type="checkbox"/>
	Plastic Cup & Straw (optional)	<input type="checkbox"/>

STRAWBERRY BANANA SMOOTHIE

recipe

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STEPS TO COMPLETE

1	Add 1 cup of frozen strawberries to the blender.		<input type="checkbox"/>
2	Add 2 cups of orange juice to the blender.		<input type="checkbox"/>
3	Peel 1 banana.		<input type="checkbox"/>
3	Add 1 peeled banana to the blender.		<input type="checkbox"/>
4	Add ½ cup of milk to the blender.		<input type="checkbox"/>
5	Blend in blender until smooth.		<input type="checkbox"/>
6	Pour into glass. Enjoy.		<input type="checkbox"/>




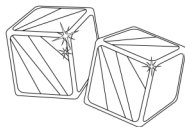


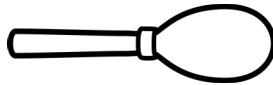


BLUEBERRY SMOOTHIE

recipe

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INGREDIENTS AND TOOLS LIST



	1 carton of Blueberry Yogurt.	<input type="checkbox"/>
	1 cup of Milk	<input type="checkbox"/>
	1 cup of frozen or fresh blueberries	<input type="checkbox"/>
	½ cup Ice Cubes	<input type="checkbox"/>
	1 cup of Orange Juice	<input type="checkbox"/>
	Blender	<input type="checkbox"/>
	Spoon	<input type="checkbox"/>
	Measuring Cups (1 cup and ½ cup)	<input type="checkbox"/>
	Plastic Cup & Straw (optional)	<input type="checkbox"/>

BLUEBERRY SMOOTHIE

recipe

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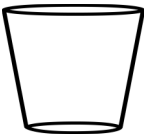

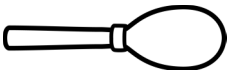
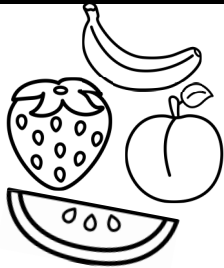


STEPS TO COMPLETE

1	Add 1/2 cup of ice cubes to blender.		<input type="checkbox"/>
2	Add 1 carton of blueberry yogurt to blender.		<input type="checkbox"/>
3	Add 2 cups of orange juice to the blender.		<input type="checkbox"/>
4	Peel 1 banana.		<input type="checkbox"/>
5	Add 1 peeled banana to the blender.		<input type="checkbox"/>
6	Add 1/2 cup of milk to the blender.		<input type="checkbox"/>
7	Blend in blender until smooth.		<input type="checkbox"/>
8	Pour into glass. Enjoy.		<input type="checkbox"/>

BREAKFAST YOGURT CUP

recipe

INGREDIENTS AND TOOLS LIST


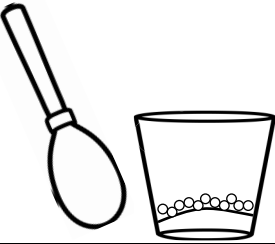


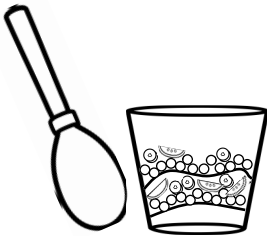
	1 small container of yogurt	<input type="checkbox"/>
	1 cup OR small bowl	<input type="checkbox"/>
	1 cup of granola	<input type="checkbox"/>
	1 spoon	<input type="checkbox"/>
	1 cup of fruit (strawberries, peaches, blueberries, apples, or bananas)	<input type="checkbox"/>
	1 knife	<input type="checkbox"/>
	Measuring Cup (1 cup)	<input type="checkbox"/>

BREAKFAST YOGURT CUP

recipe

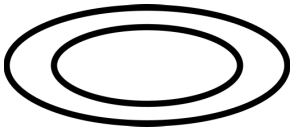
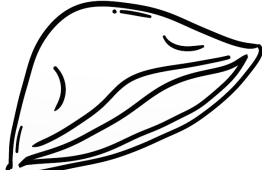
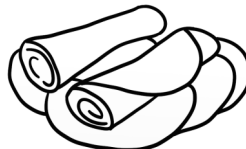


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STEPS TO COMPLETE

1	Use spoon to fill layer of yogurt of bottom of cup.		<input type="checkbox"/>
2	Use spoon to fill a layer of granola on top of the yogurt.		<input type="checkbox"/>
3	Peel and/or cut 1 cup of fruit.		<input type="checkbox"/>
4	Use spoon to fill a layer of fruit on top of the granola.		<input type="checkbox"/>
5	Continue to add as many layers as you wish.		<input type="checkbox"/>

PITA POCKET

recipe

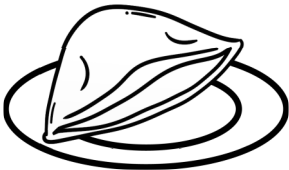
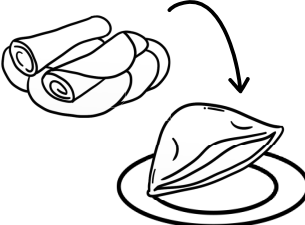
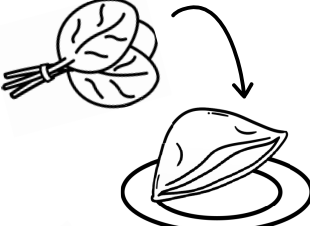
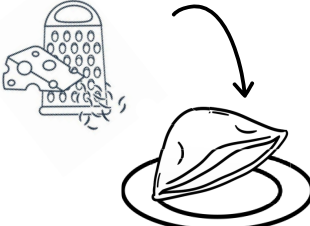
INGREDIENTS AND TOOLS LIST		
	1 Plate	<input type="checkbox"/>
	1 Pita Bread	<input type="checkbox"/>
	1 Slice of Ham/ Turkey or Chicken	<input type="checkbox"/>
	2 Lettuce or Spinach Leaves	<input type="checkbox"/>
	1/2 cup of shredded cheese	<input type="checkbox"/>

PITA POCKET

recipe

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STEPS TO COMPLETE



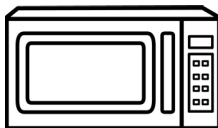

1	Open pita pocket and place on a plate.		<input type="checkbox"/>
2	Fold a slice of turkey/ ham or chopped chicken and place into the pocket.		<input type="checkbox"/>
3	Tear lettuce/spinach and place inside pocket.		<input type="checkbox"/>
4	Sprinkle shredded cheese inside of pita.		<input type="checkbox"/>

APPLESAUCE

recipe

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INGREDIENTS AND TOOLS LIST




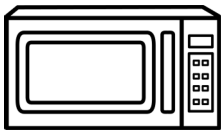
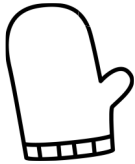

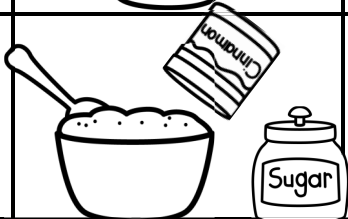
	3 Apples	<input type="checkbox"/>
	1 Tablespoon of Sugar	<input type="checkbox"/>
	1 Tablespoon of Cinnamon	<input type="checkbox"/>
	Microwave Safe Bowl	<input type="checkbox"/>
	Microwave	<input type="checkbox"/>
	Knife	<input type="checkbox"/>
	Fork or Potato Masher	<input type="checkbox"/>
	Peeler	<input type="checkbox"/>
	Water	<input type="checkbox"/>
	Pot Holders/Oven Mitts	<input type="checkbox"/>

APPLESAUCE

recipe

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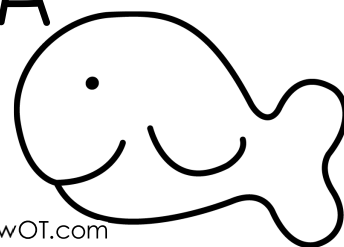
STEPS TO COMPLETE

1	Use the peeler to peel each apple.		<input type="checkbox"/>
2	*Use the knife to slice and chop apples into chunks. *Be sure to have an adult's supervision and assistance.		<input type="checkbox"/>
3	Place the chopped apples into the bowl. Add water to just cover the apples.		<input type="checkbox"/>
4	Microwave for 3-5 minutes. The apples should be soft and most of the water gone. If not, microwave another minute.		<input type="checkbox"/>
5	Using oven mitts/pot holders, remove the bowl from the microwave.		<input type="checkbox"/>
6	Mash the soft apples with a fork or potato masher.		<input type="checkbox"/>
7	Sprinkle with sugar and cinnamon.		<input type="checkbox"/>

UNDER THE SEA

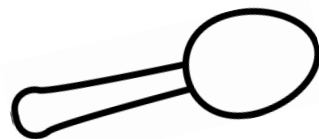
CRACKER SNACK

recipe



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INGREDIENTS AND TOOLS LIST

	1 Graham Cracker (Full Rectangle)	<input type="checkbox"/>
	Cream Cheese	<input type="checkbox"/>
	Blue Food Coloring	<input type="checkbox"/>
	2 Fish Cracker Snacks	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>
	Table Spoon	<input type="checkbox"/>
	Small Bowl	<input type="checkbox"/>

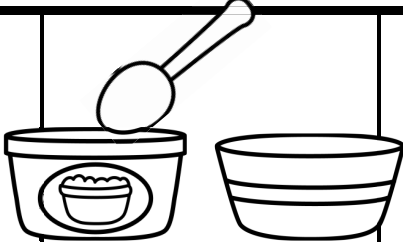


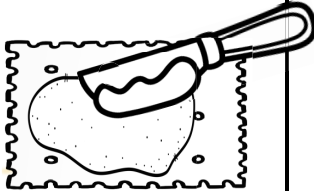
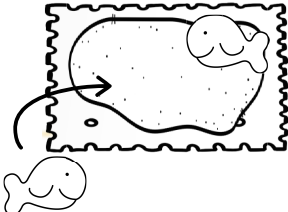
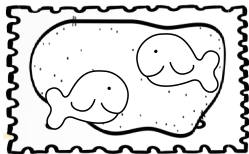
UNDER THE SEA

CRACKER SNACK

recipe

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STEPS TO COMPLETE

1	Place 2 tablespoons of cream cheese into a small bowl.		<input type="checkbox"/>
2	Add 1-2 drops of blue food coloring to the cream cheese.		<input type="checkbox"/>
3	Use the spoon to mix until it turns light blue.		<input type="checkbox"/>
4	Use the knife to spread cream cheese onto the graham cracker covering the whole cracker.		<input type="checkbox"/>
5	Place the 2 Fish Crackers onto the cream cheese cracker.		<input type="checkbox"/>
6	You now have an Under The Sea Cracker Snack. Enjoy!		<input type="checkbox"/>



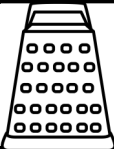

SIMPLE SALAD

recipe

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INGREDIENTS AND TOOLS LIST

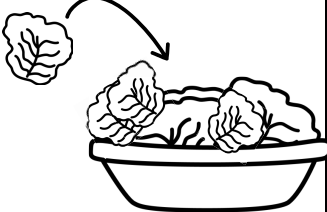
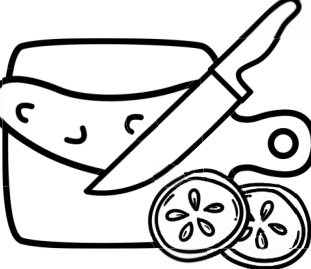
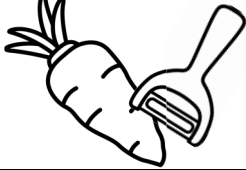
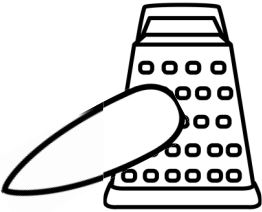
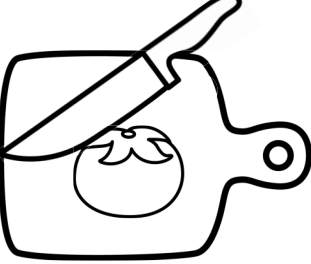
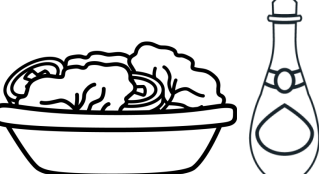
	Salad Greens- such as lettuce, spinach, romaine	<input type="checkbox"/>
	Cucumber	<input type="checkbox"/>
	Tomato	<input type="checkbox"/>
	Carrot	<input type="checkbox"/>
	Salad Dressing	<input type="checkbox"/>
	Knife	<input type="checkbox"/>
	Peeler	<input type="checkbox"/>
	Grater	<input type="checkbox"/>
	Large Bowl	<input type="checkbox"/>
	Cutting Board	<input type="checkbox"/>

SIMPLE SALAD

recipe

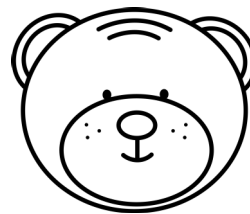
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STEPS TO COMPLETE

1	Tear the Salad Greens into bite sized pieces and place into the bowl.		<input type="checkbox"/>
2	Wash and peel the cucumber. Place the cucumber onto a cutting board. * Use the knife to slice circle pieces. Place the slices into the bowl. * Be sure to have an adult's supervision and assistance.		<input type="checkbox"/>
3	Wash the carrot. Use the shredder to peel off the top layer.		<input type="checkbox"/>
4	Hold the carrot with one hand and the grater with the other. Grate the carrot using downward motions. Place the shredded pieces into the bowl.		<input type="checkbox"/>
5	Wash the tomato. Place the tomato onto the cutting board. *Use a knife to slice. Place the tomato pieces into the bowl. * Be sure to have an adult's supervision and assistance		<input type="checkbox"/>
6	Serve with Salad Dressing.		<input type="checkbox"/>

TEDDY BEAR

RICE CAKE *recipe*



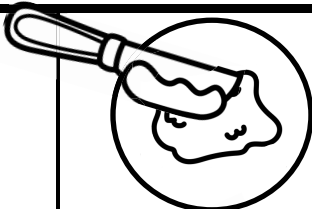
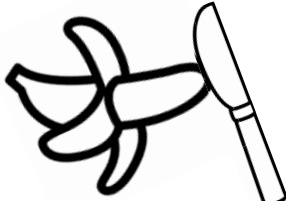
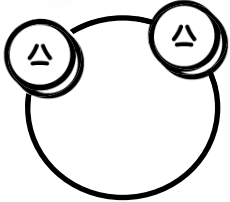
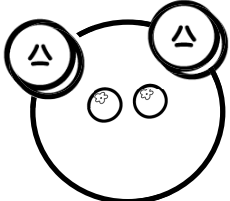
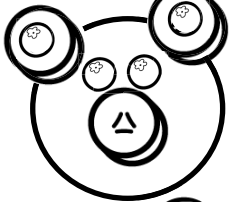
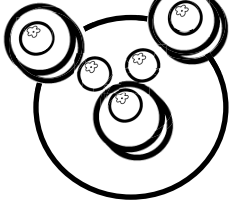
INGREDIENTS AND TOOLS LIST		
	1 Rice Cake	<input type="checkbox"/>
	Peanut Butter or Hazelnut Spread	<input type="checkbox"/>
	1 Banana	<input type="checkbox"/>
	3 Blueberries	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>

TEDDY BEAR RICE CAKE

recipe

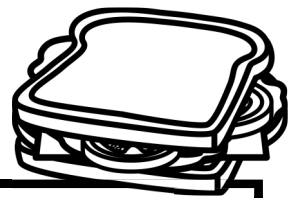
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STEPS TO COMPLETE


1	Use knife to spread peanut butter or hazelnut spread onto rice cake.		<input type="checkbox"/>
2	Use knife to slice banana to make 3 circles. * Be sure to have an adult's supervision and assistance.		<input type="checkbox"/>
3	Place a banana slice toward the top left of the rice cake. Place the second banana slice toward the top right of the rice cake. These are the two ears.		<input type="checkbox"/>
4	Place two blueberries near the center of the rice cake next to one another. The eyes are now complete.		<input type="checkbox"/>
5	Place the third banana slice below the two blueberry eyes.		<input type="checkbox"/>
6	Place the third blueberry on top of the "nose" banana slice. The snout is now complete.		<input type="checkbox"/>

MEAT SANDWICH

recipe



INGREDIENTS AND TOOLS LIST




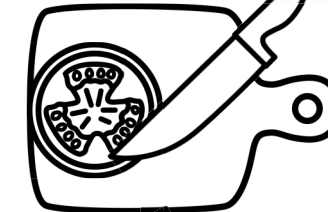
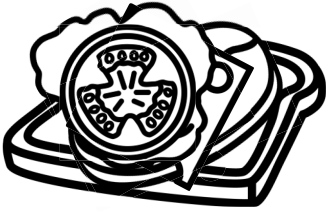


	2 Slices of Bread	<input type="checkbox"/>
	1 Tomato	<input type="checkbox"/>
	1 Lettuce Leaf	<input type="checkbox"/>
	Mayo	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>
	Slice of Cheese	<input type="checkbox"/>
	Plate	<input type="checkbox"/>
	Sliced Meat (Ham, Turkey, etc.)	<input type="checkbox"/>
	Cutting Board	<input type="checkbox"/>
	Knife	<input type="checkbox"/>

MEAT SANDWICH

recipe

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STEPS TO COMPLETE

1	Place 1 slice of lunch meat on bread.		<input type="checkbox"/>
2	Place cheese slice on top of lunch meat.		<input type="checkbox"/>
3	Place lettuce on top of cheese slice.		<input type="checkbox"/>
4	Wash the tomato. Place the tomato onto the cutting board. *Use a knife to slice. Be sure to have an adult's supervision and assistance		<input type="checkbox"/>
5	Place tomato slice on top of lettuce.		<input type="checkbox"/>
6	Spread mayo on the other piece of bread.		<input type="checkbox"/>
7	Press this slice of bread on top of the assembled half. Place on a plate and enjoy!		<input type="checkbox"/>

CHEESE SANDWICH

recipe

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INGREDIENTS AND TOOLS LIST



2 Slices of Bread

☐


1 Tomato

☐

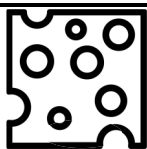

1 Lettuce Leaf

☐


Mayo

☐


Butter Knife

☐


Slice of Cheese

☐


Plate

☐


Cutting Board

☐


Knife

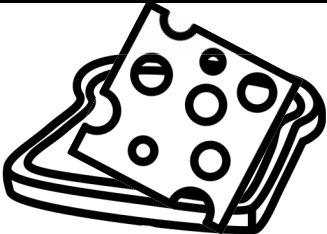

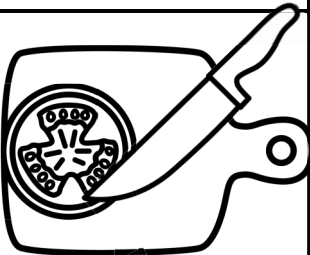
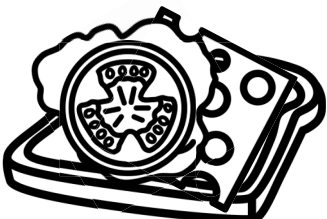
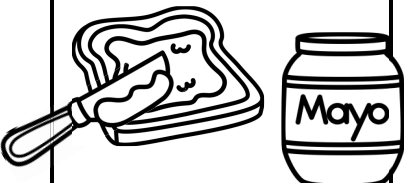

☐

CHEESE SANDWICH

recipe

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STEPS TO COMPLETE

1	Place cheese slice on bread.		<input type="checkbox"/>
2	Place lettuce on top of cheese slice.		<input type="checkbox"/>
3	Wash the tomato. Place the tomato onto the cutting board. *Use a knife to slice. Be sure to have an adult's supervision and assistance		<input type="checkbox"/>
4	Place tomato slice on top of lettuce.		<input type="checkbox"/>
5	Spread mayo on the other piece of bread.		<input type="checkbox"/>
6	Press this slice of bread on top of the assembled half. Place on a plate and enjoy!		<input type="checkbox"/>

HOT CHOCOLATE

recipe

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INGREDIENTS AND TOOLS LIST



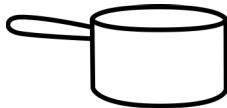
Microwave safe cup

☐

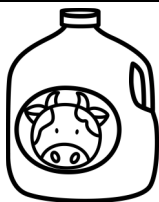

Microwave

☐


Cocoa Mix

☐


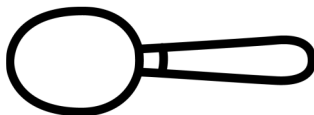
Measuring Cup

☐


Milk

☐


Whipped Cream

☐


Spoon

☐


4 Marshmallows



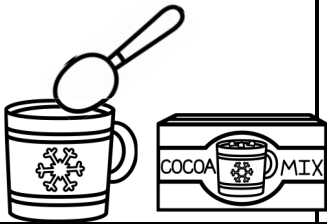
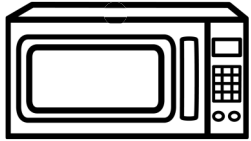

☐

HOT CHOCOLATE

recipe

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STEPS TO COMPLETE

1	Pour 1 cup of milk into cup.		<input type="checkbox"/>
2	Place cup in microwave for 30 seconds.		<input type="checkbox"/>
3	Remove from microwave and add 2 teaspoons of cocoa mix. Stir until there are no lumps.		<input type="checkbox"/>
4	Microwave for 45 seconds or until it reaches desired drinking temperature.		<input type="checkbox"/>
5	Remove from microwave and add 4 marshmallows.		<input type="checkbox"/>
6	Squeeze whipped cream on top.		<input type="checkbox"/>
7	Enjoy this yummy drink!		<input type="checkbox"/>