

Visual cookbooks for children and adults – available on Amazon and from the publishers

Many children and adults with ASD can benefit from visual guidance as they develop healthy eating habits and independent life skills in the kitchen. The following books all offer photographs or illustrations to help make healthy choices and learn to cook a variety of foods.



Cook This, Not That! By David Zinczenko. Rodale

Books, 2010. ISBN: 978-1605291475. Visual guide to cooking techniques, recipes, and healthy shopping guidelines.



Let's Cook! Healthy Meals for Independent Living by Elizabeth D. Riesz and Anne Kissack. Appletree Press, 2010. 978-1891011085

More than FIFTY healthy "I can cook" recipes-- in LARGE PRINT and written at an early elementary reading level.

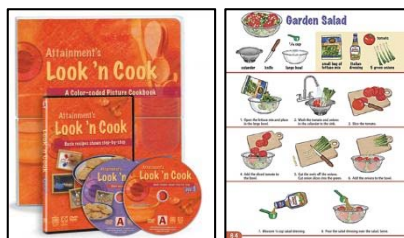
Recipes written in an easy-to-follow style:

- What I Need**
- What I Use**
- What I Do**

Food photos on every page, Step-by-step preparations, Complete nutrient information.



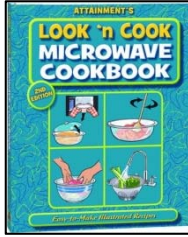
Lifestyle Easy Cookbook Institute for Applied Behavior Analysis. British book with large, oversize pages. Includes visual shopping cards with each recipe. To see an online preview, look here: <http://iaba.com/cookbook/preview/>



Look 'n Cook Cookbook Attainment Company, 2005. ISBN: 978-1578615971

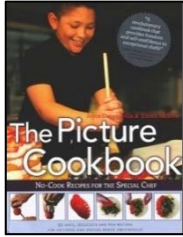
Look 'n Cook has three components:

- Look 'n Cook Cookbook with 62 step-by-step recipes
- Look 'n Cook Lesson Plans
- Look 'n Cook DVD Set



Look 'n Cook Microwave Cookbook Attainment Company, 1999. ISBN: 978-1578610785

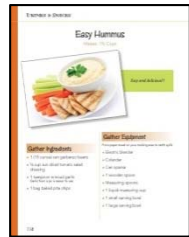
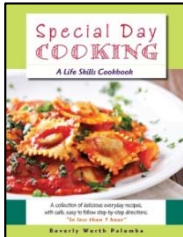
Look 'n Cook Microwave **Cookbook** features easy-to-make microwave recipes presented in an illustrated, step-by-step format. It has two components: the Cookbook and the Lesson Plans.



The Picture Cookbook, No-Cook Recipes for the Special Chef by Joyce Dassonville and Ehren McDow. Granville Island Publishing, 2008. ISBN: 978-1894694520

(British book, but all directions are photographic, no written measurements) Using modern kitchen tools, the authors have written recipes that are safe for anyone to use, be they young children, confused adults or people with special needs. Furthermore, for the benefit of teachers and caregivers, instructions on the process of

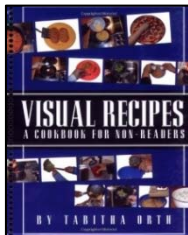
teaching someone to use the cookbook are detailed, as well as discussions of issues that can arise. The picture index allows cooks to easily spot their favorite recipes without the need to read or understand names.



Special Day Cooking: A Life Skills Cookbook by Beverly Worth Palomba. Special Day Publishing, 2013. ISBN: 978-0989708203

A...life skills cookbook written for people with developmental challenges. All recipes have been successfully cooked and enjoyed over many years by

young people with challenges. All recipes are in large type, and are formatted in consistent, easy to follow steps. There are beginning recipes to start with and more involved recipes once the cooking process has been learned. ... collection of delicious everyday recipes that are: Safe, Can be completed in 1 hour or less, A fun activity to do with family & friends, Teaches an invaluable life skill, Promotes independent living, Builds social skills, Builds self-esteem and self-confidence, Fosters teamwork, Helps strengthen motor skills.



Visual Recipes: A Cookbook for Non-Readers by Tabitha Orth. Autism Asperger Publishing Company, 2006. ISBN: 978-1931282901

This unique cookbook, written for individuals with autism spectrum disorders and other developmental disorders, will foster independence and confidence for anyone in the kitchen. The clear photographs, which include all of the small details that a person with

autism or a nonreader needs to be successful, are easy to understand. The book features 35 recipes grouped into the following categories: breakfast, lunch, side dishes, snacks, desserts, and drinks. The recipes consist of picture-based directions, and each step is framed for visual clarity. Simple text directions also accompany each step, and the importance of safety is highlighted.