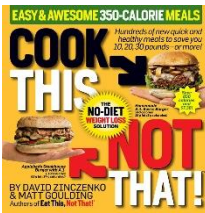




Visual Cookbooks & Nutritional Resources

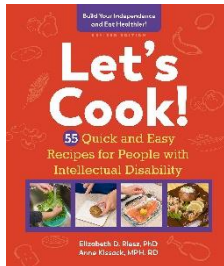
Many children and adults with ASD can benefit from visual guidance as they develop healthy eating habits and independent life skills in the kitchen. The following books all offer photographs or illustrations to help make healthy choices and learn to cook a variety of foods.



[Cook This, Not That!](#) By David Zinczenko

Rodale Books, 2010. ISBN: 978-1605291475

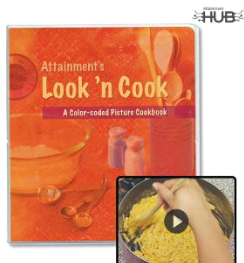
Description: Visual guide to cooking techniques, recipes, and healthy shopping guidelines



[Let's Cook! Revised Edition](#) by Elizabeth D. Riesz and Anne Kissack.

The Experiment, 2021. 978-1615197668

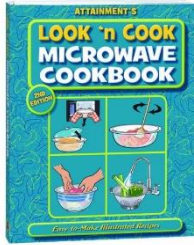
Description: In *Let's Cook!* you'll learn how to cook simple and nutritious meals—with recipes using all the MyPlate food groups. Gain confidence in the kitchen and build self-worth! Designed by and for adults with intellectual disability, *Let's Cook!* promotes and reinforces life skills for independent living.



[Look 'n Cook Cookbook](#)

Attainment Company, 2005. ISBN: 978- 1578615971

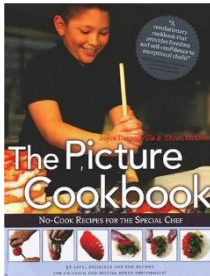
Description: Look 'n Cook Cookbook features recipe illustrations that are clear, concise, and easy to “read.” Each picture step has accompanying text. A color-coding system makes it easy to follow measurement and temperature requirements. The Cookbook has laminated pages inside a wipe-clean, vinyl, easel binder.



[Look 'n Cook Microwave Cookbook](#)

Attainment Company, 1999. ISBN: 978-1578610785

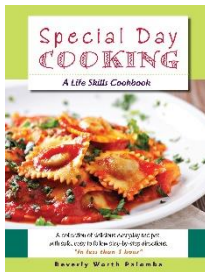
Description: Look 'n Cook Microwave Cookbook features easy-to-make microwave recipes presented in an illustrated, step-by-step format. It has two components: the Cookbook and the Lesson Plans



[The Picture Cookbook, No-Cook Recipes for the Special Chef](#) by Joyce Dassonville and Ehren McDow.

Granville Island Publishing, 2008. ISBN: 978-1894694520

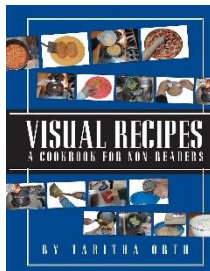
Description: Using modern kitchen tools, the authors have written recipes that are safe for anyone to use, be they young children, confused adults or people with special needs. Furthermore, for the benefit of teachers and caregivers, instructions on the process of teaching someone to use the cookbook 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

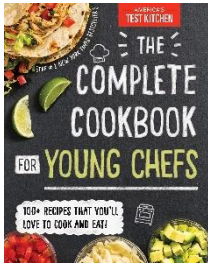
Description: All recipes are in large type, and are formatted in consistent, easy to follow steps. There are beginning recipes to start with and more involved recipes once the cooking process has been learned.



[Visual Recipes: A Cookbook for Non-Readers](#) by Tabitha Orth.

Autism Asperger Publishing Company, 2006. ISBN: 978-1931282901

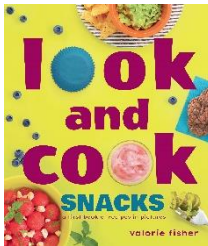
Description: The book features 35 recipes grouped into the following categories: breakfast, lunch, side dishes, snacks, desserts, and drinks. The recipes consist of picture-based directions, and each step is framed for visual clarity. Simple text directions also accompany each step, and the importance of safety is highlighted.



[The Complete Cookbook for Young Chefs](#) by America's Test Kitchen Kids.

Sourcebooks Explore, 2018. ISBN-13: 978-1492670025

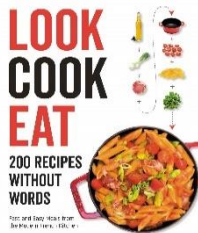
Description: Includes step-by-step photos of tips and techniques, safety information, and glossaries of common cooking terms and kitchen tools.



[Look and Cook Snacks](#) by Valorie Fisher

Astra Young Readers, 2023. ISBN-13: 978-1662620447

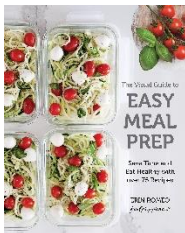
Description: This visual guide to cooking is designed for children who don't read yet and includes step by step visual instructions, a guide to kitchen basics, and family friendly recipes.



[Look Cook Eat: 200 Recipes Without Words](#)

Harper, 2019. ISBN-13: 978-0062950123

Description: A fresh and innovative cookbook that includes 200 quick and easy-to-follow visual recipes featuring simple photographic ingredients and steps.



[The Visual Guide to Easy Meal Prep](#) by Erin Romero

Race Point Publishing, 2019. ISBN-13: 978-1631065965

Description: A detailed, visual guide to every step of meal prepping and 75 recipes.



Additional Online Resources

[CARD's Texture Cookbook](#) – A brief guide to foods and recipes based on texture. Includes some information about using food chaining to expand texture tolerance.

[Able2Learn Visual Recipes](#) – Downloadable visual recipes

[Accessible Chef](#) - Downloadable visual recipes

[Picture the Recipe](#) - A recipe site that includes step by step photos. Many recipes have video versions too.

[Budget Bytes](#) - A budget conscious recipe site that includes step by step photos.

[My Delicious Meals](#) – A site for simple recipes with step by step photos