

# Mashed Potatoes

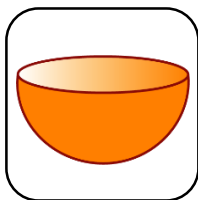


- Visual and Written Recipes
- Visual and Written Questions

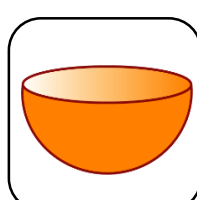
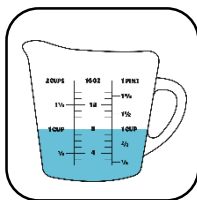
By: Sarah Gast-Allen, MA CCC-SLP

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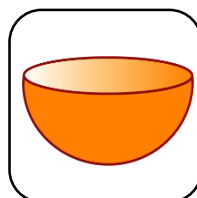
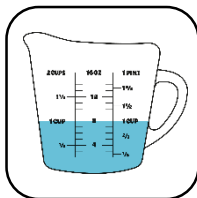
# Mashed Potatoes



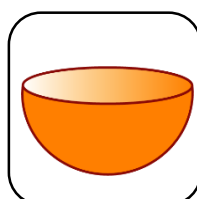
1. Get a large bowl and spoon.



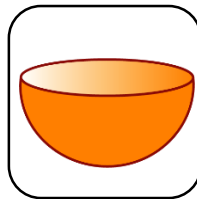
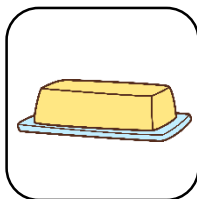
2. Add 2 cups of water to the bowl.



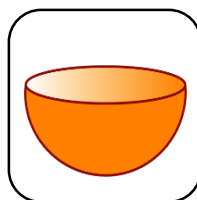
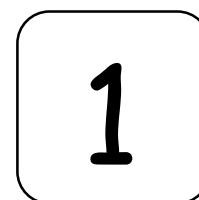
3. Add 1 cup of milk to the bowl.



4. Add 2 cups of mashed potato flakes to the bowl.

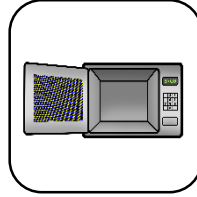


5. Add 3 tablespoons of butter to the bowl.

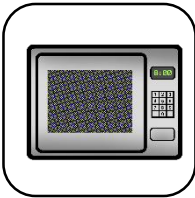


6. Add 1 teaspoon of salt to the bowl.

# Mashed Potatoes



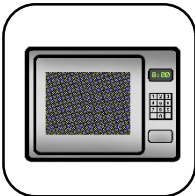
7. Stir the potato mix and put in the microwave.



2

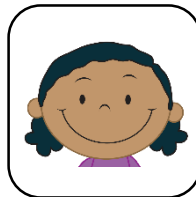
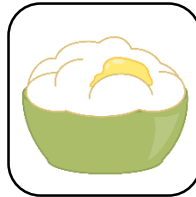


8. Microwave for 2 minutes and then stir.



2

9. Microwave for another 2 minutes or until done.



10. Stir the potato mix. Eat and enjoy!

# Mashed Potatoes



## Ingredients

- 2 cups water
- 1 cup milk
- 2 cup mashed potato flakes
- 3 tablespoons butter
- 1 teaspoon salt

## Directions

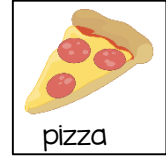
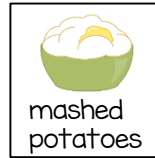
1. Get a large bowl and spoon.
2. Add 2 cups of water to the bowl.
3. Add 1 cup of milk to the bowl.
4. Add 2 cups of mashed potato flakes to the bowl.
5. Add 3 tablespoons of butter to the bowl.
6. Add 1 teaspoon of salt to the bowl.
7. Stir the potato mix and put it in the microwave.
8. Microwave for 2 minutes and then stir.
9. Microwave for another 2 minutes or until done.
10. Stir the potato mix. Eat and enjoy!

# Mashed Potatoes - Questions

Name: \_\_\_\_\_

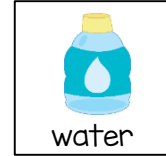
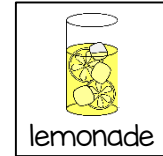
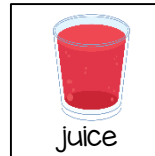
1.

What did you make today?



2.

What did you put in the bowl first?



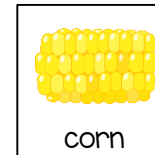
3.

What did you put in the bowl second?



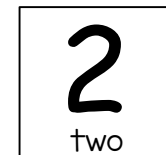
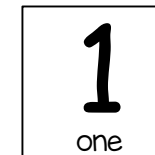
4.

What did you put in the bowl third?



5.

How many tablespoons of butter did you add?



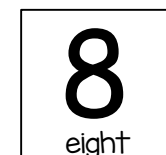
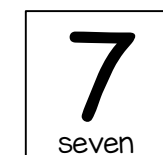
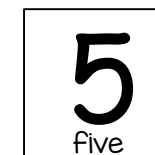
6.

What did you add to the bowl last?



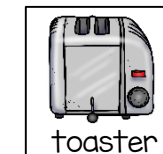
7.

How many ingredients did you put in the bowl?



8.

How did you cook the mashed potatoes?

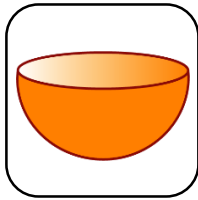


# Mashed Potatoes - Questions

Name: \_\_\_\_\_

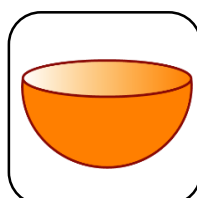
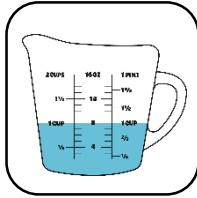
1. What did you make today? \_\_\_\_\_
2. What did you put in the bowl first? \_\_\_\_\_  
\_\_\_\_\_
3. What did you put in the bowl second? \_\_\_\_\_  
\_\_\_\_\_
4. What did you put in the bowl third? \_\_\_\_\_  
\_\_\_\_\_
5. How many tablespoons of butter did you add to the bowl?  
\_\_\_\_\_
6. What did you add to the bowl last? \_\_\_\_\_
7. How many ingredients did you put in the bowl?  
\_\_\_\_\_
8. How did you cook the mashed potatoes?  
\_\_\_\_\_
9. Did you like the mashed potatoes? \_\_\_\_\_
10. What holiday are you celebrating? \_\_\_\_\_

# Large Group - Mashed Potatoes



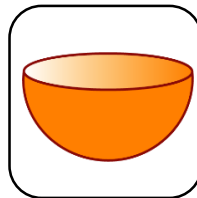
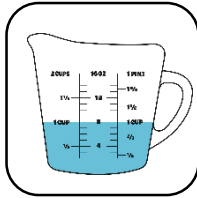
1. Get a large bowl and spoon.

5  $\frac{1}{3}$



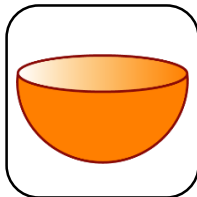
2. Add 5  $\frac{1}{3}$  cups of water to the bowl.

3  $\frac{3}{4}$



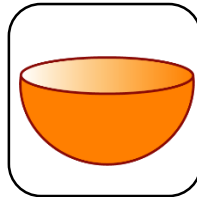
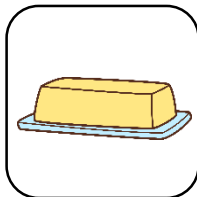
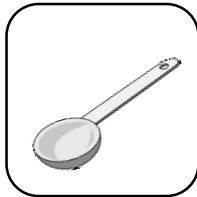
3. Add 3  $\frac{3}{4}$  cups of milk to the bowl.

1



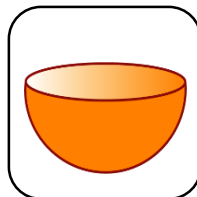
4. Add 1 box of mashed potato flakes to the bowl.

10



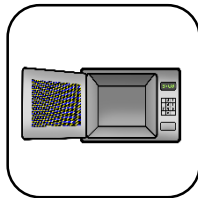
5. Add 10 tablespoons of butter to the bowl.

2

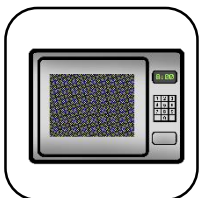


6. Add 2 teaspoons of salt to the bowl.

# Large Group - Mashed Potatoes



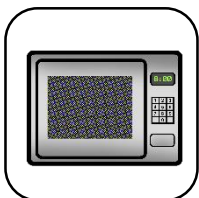
7. Stir the potato mix and put in the microwave.



4



8. Microwave for 4 minutes and then stir.



4

9. Microwave for another 4 minutes or until done.



10. Stir the potato mix. Eat and enjoy!



# Large Group - Mashed Potatoes



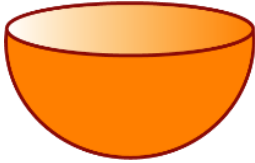
## Ingredients

- 5 1/3 cups water
- 3 3/4 cup milk
- 1 box mashed potato flakes
- 10 tablespoons butter
- 2 teaspoon salt

## Directions

1. Get a large bowl and spoon.
2. Add 5 1/3 cups of water to the bowl.
3. Add 3 3/4 cups of milk to the bowl.
4. Add 1 box of mashed potato flakes to the bowl.
5. Add 10 tablespoons of butter to the bowl.
6. Add 2 teaspoon of salt to the bowl.
7. Stir the potato mix and put it in the microwave.
8. Microwave for 4 minutes and then stir.
9. Microwave for another 4 minutes or until done.
10. Stir the potato mix. Eat and enjoy!

# Mashed Potatoes Visuals



bowl



spoon



water



measuring cup



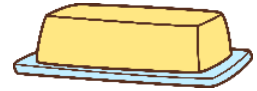
milk



mashed potatoes



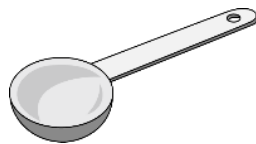
salt



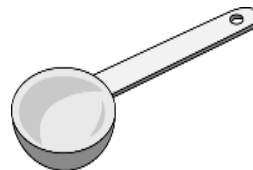
butter



measuring cup



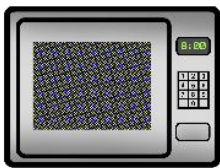
teaspoon



tablespoon



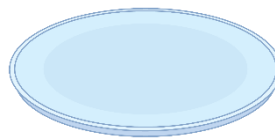
mashed potatoes



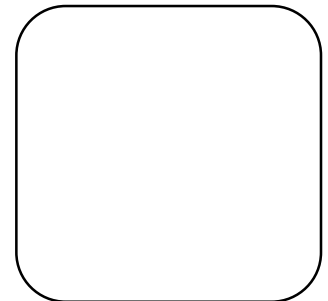
microwave



stir



plate



# Mashed Potatoes Visuals




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resources, tips and materials to help you help children with autism.