

ASL DISCOVERIES FOOD THEME COOK BOOK

THE ASL DISCOVERIES' FOOD THEME IS ON THE MENU FOR THE NEXT SIX WEEKS! CHECK OUT THIS PACKET FOR ALL OF THE INGREDIENTS (SIGNS) TO WHAT MAKES A FUN ASL CLASS!



**FOOD OR
TO EAT**





VEGETABLES

RECIPE:
TWIST "V"
HANDSHAPE 3X SO
THAT BOTH FINGERS
HAVE TOUCHED
YOUR FACE.



FRUIT

RECIPE:
TWIST "F"
HANDSHAPE
SLIGHTLY UP
AND DOWN.



SANDWICH



APPLE

RECIPE:
TURN HAND INWARD
SO THAT PALM IS
FACING YOU.



BANANA

RECIPE:
MOVEMENT SIMILAR
TO PEELING A
BANANA!
2X



JUICE

RECIPE:
SIGN THE LETTER "J"
AT THE SIDE OF
YOUR MOUTH. PALM
ORIENTATION DOES
NOT CHANGE!



RECIPE:

BOTH HANDS START OPEN AT SHOULDERS. AT THE SAME TIME, PULL HANDS AWAY AND CLOSE TO FIST



HEALTHY

RECIPE:

DOMINANT HAND STARTS COVERING FINGERS OF NON-DOMINANT HAND. SLIDE DOMINANT HAND OFF



PEAR



PEAS

RECIPE:

TAP FINGER 3X ACROSS FINGER

PEACH

RECIPE:

PULL HAND DOWN AWAY FROM FACE AND CLOSE



RECIPE:

TWIST DOMINANT HAND SLIGHTLY



STRAWBERRY