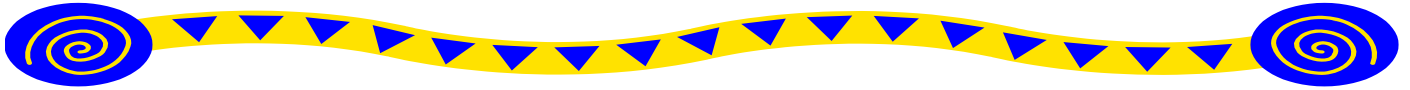




# Messy & Food Play Activities





## Edible finger paints.

### Ingredients:

2 cups of corn flour  
1 cup of cold water  
4.5 cups of boiling water  
Liquid food colouring

### Method:

Mix the corn flour with the cold water, pour in the boiling water and stir between each cup. Keep stirring until it becomes a custard-like consistency. Separate mixture into different containers and add different food colouring colours to each.

You can also add coco powder, sauces, blended fruit as well as food colouring.

## Spaghetti Play

Dry spaghetti  
Food colouring  
Sauces i.e strawberry topping  
Paints (home made edible/cake topping paints)  
Toys i.e. cars, animals etc

Cook the spaghetti until soft  
Cool on a tray  
Add paint/sauces and toys

Play time: Encourage your child to explore the spaghetti – taste and texture

## Soapy Slime Play

### Ingredients

1 cup of soap flakes  
3 cups of warm water  
Food colouring  
Large mixing bowl  
Large tray/container  
Whisk

Mix it all together

## Edible Playdough

2 cups all purpose plain flour  
2 tablespoons vegetable oil  
½ cup of salt  
2 tablespoons cream of tartar  
Up to 1.5 cups boiling water (add bit by bit until it feels the right consistency)  
Food colouring

### Method:

Mix the flour, salt, cream of tartar and oil in a large bowl  
Add food colouring to the boiling water and then pour into dry mixture  
Stir continuously until it becomes sticky and dough like  
Allow it to cool and then remove from bowl and knead it for a couple of minutes or until stickiness has gone  
If it remains sticky gradually add flour as you knead it

## Gloop

Mix an amount of either of the following with water:

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Corn flour  
Custard powder  
Blancmange

Put it in a shallow container and try and pick it up, vary the consistency by adding more powder. Mix with hands or spoon.

## Jelly Play

Jelly packets – different flavours

Boiling water

Moulds/containers

Small toys to put in jelly OR add pieces of fruit or sweets and try to get them out using their mouth.

Make jelly up as per packet instructions, once its dissolved put the toys into the mix and let it set (in fridge)

Once it's set – play time!!!

## Messy food ideas

**Flour hide and seek** – hide raisins, smarties, marbles, small toys in a tray of flour and get them to find them.

**Ice cubes** – make different flavours using squash

**Squirty cream** – draw patterns on plates, make faces, squirt on hands or dab onto nose.

## Painting ideas

Use sponges, hands, feet, fingers and other objects to make marks i.e toys with wheels on them.

Potato prints – cut patterns into the potato and use as a stamp

Finger painting with sand – add sand to paint for a rougher texture.

## Plate game

Using the 'Dinner Winner' plate put a different food item on each square (you may want to start with 1-2 and build up) – using the dice roll to see if the item should be sniffed, licked, bitten, touched, all or passed. Use 'choice time' as a motivator. Make it fun and join in

## Water and Sand play

- Playing in the sand, burying objects and then finding them
- Start adding water to make the sand different consistency
- Try adding enough water to submerge the sand – push hands down into sand and then pull out so sand is washed off. Try putting feet into water/sand mixture and scrunching toes up in it.

## Water and bubble play

At the sink (or in the bath) make lots of bubbles using washing up liquid/soap – blowing bubbles with wands, blowing it off hands, place on nose and try to blow it off, make bubble beards too.

Add food colouring to the bubble mix, get a straw and blow colourful bubbles onto paper to make pictures (careful not to suck the mixture into your mouth as it won't taste nice).

Pour a shallow amount of coloured water/bubble mix onto a tray and then lay a piece of paper over to make patterns.

## Playing 'Hangman' with a gingerbread/biscuit man.

Buy (or make if feeling creative) a gingerbread or biscuit shaped man.

Think of a 6 letter word and get person to say letters – each wrong one they have to bite off a piece of the biscuit man (i.e. leg, leg, arm, arm, head and finally body).

You could even make sandwiches or toast and then cut the man shape out of the sandwich with a person shaped cutter to play the game with instead (to show that sandwich still tastes the same if in a different shape).

## Sniffing/tasting games

Get a range of different foods (cheese, jam, marmite, fruit, onions etc) and put in a small tub so the person cannot see what it is. Lift the lid and get them to sniff the contents and guess what it is.

If they cannot guess by smell try dipping a small spoon into it (only has to be a tiny amount) and get them to taste.

## Alphabet food

Try introducing foods using the alphabet such as trying foods that come in this form – alphabet spaghetti, potato shapes, , get your child to name foods in alphabet order, for example:

Apple

Banana / Bourbon biscuit / bread

Carrot / Custard Cream / Chips / Chicken / cheese

Digestive biscuit

Eggs

Fruit

Grapes / Gravy

Haribo sweets

Ice cream

Jam / Jelly / Juices

Kiwi / Kale

Lemon curd

Mash

Oranges / onions

Peppers / peas

Quiche

Raspberries

Strawberries / Sausages / spaghetti

Tuna / tea cakes

U

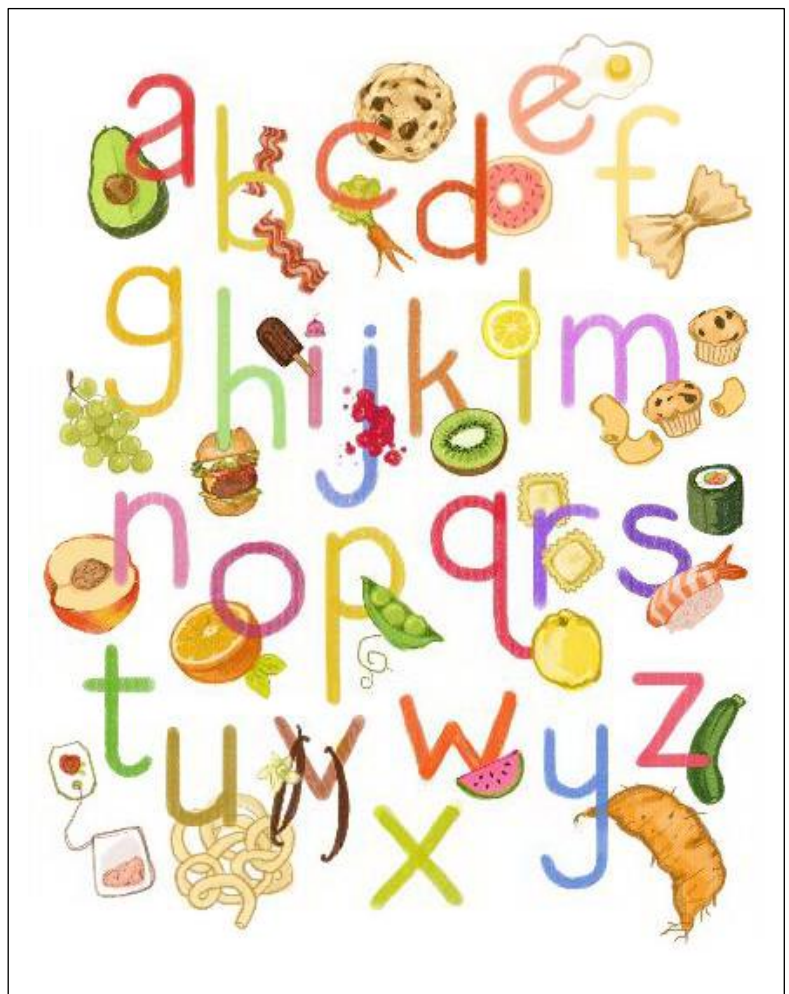
Vienetta

Waffles /

X

Yoghurt

Z



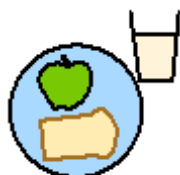
Try cutting/arranging food into letters to spell their name.

If your child likes foods cut in a certain way, try and challenge this and cut it differently – get them to try it in the new shape so they know it still tastes the same.

### Food Challenge!



breakfast



Lunch



Dinner

It is important that we eat lots of different types of foods to make our body healthy.



Our diet should include:



Vegetables



Fruit



Protein

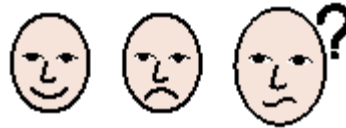


Carbohydrates



Dairy – full of Calcium to make our bones strong!!

Try at least 1-3 new foods per week – write down if you like, dislike it or unsure; you may have to try it a few times to properly decide!



The following ideas will help you try new foods:



**Touch it!** See what it feels like – play with it, poke it, squash it, splat it, rub between your hands.



**Sniff it!** See if you think it has a yummy smell to it.



**Lick it!** If you're not sure try a small amount at first.



**Take a bite!** Try a bigger amount as our tongues pick up on different tastes on different areas:



Have a plate next to your meal so if you do not like something or are unsure you can move it away.

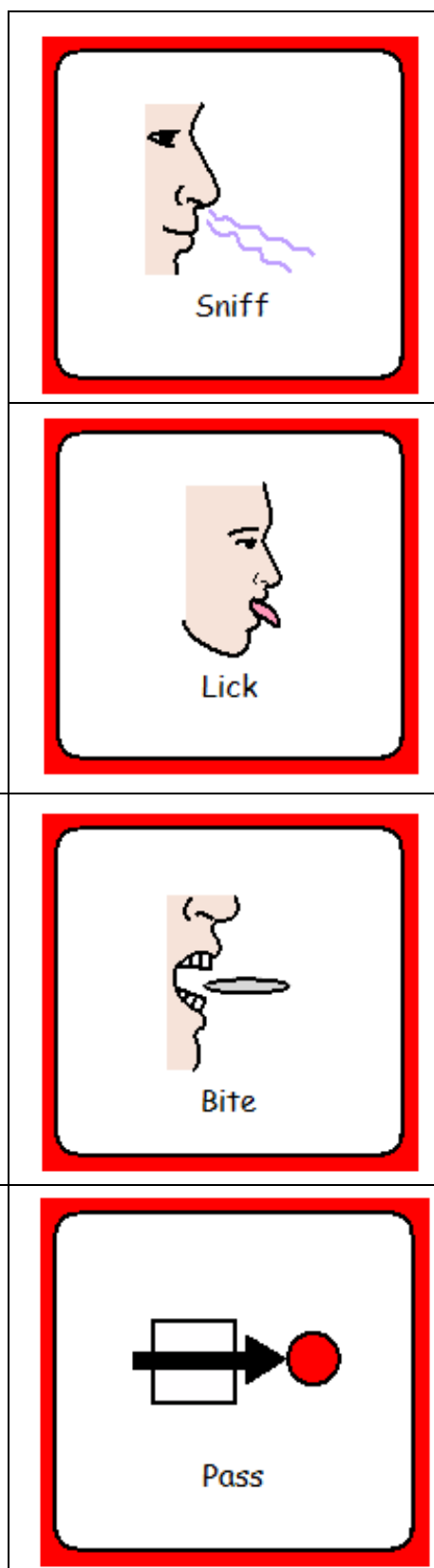


Keep a food diary of all the new foods you try to help you remember!



Game Die – make into

a cube and play with your food!



Date/Time	Activity	Comments

Date/Time	Activity	Comments



Date/Time	Activity	Comments

Please write down any other activities you have tried that are not in this book and how successful (or not) they were.

Date/Time	Other Activities	Comments

Use this page to include any smells that your child has reacted to when you are cooking  
example: activity: cooking curry, comments: they gagged and left room

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