My Senses: Taste

Edible Sensory Recipe

You will need:

Tin of rice pudding

Boiled rice - cooled

Large tray

Edible glitter (optional)

Method

This edible sensory recipe is designed to explore the sense of taste, while not necessarily stimulating other senses.

1. Pour the rice pudding out on 1 side of the tray.
2. Spread the cooled boiled rice on the other side of the tray.
3. You may like to sprinkle edible glitter over the tray.
4. Get playing!

*Disclaimer

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

**If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.

My Senses: Touch

Edible Sensory Recipe

You will need:

Crisps

Whippy dessert

Milk

Large tray

Method

This edible sensory recipe is designed to explore the sense of touch, while not necessarily stimulating other senses.

1. Using the milk, make the whippy dessert to the instructions on the packet.
2. Pour the whippy dessert out on 1 side of the tray.
3. Spread the crisps out on the other side of the tray.
4. Get playing!

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

**If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.

My Senses: Hearing

Edible Sensory Recipe

You will need:

Cooked boiled rice – cooled

Crispy rice cereal

Milk or water

Large tray

Method

This edible sensory recipe is designed to explore the sense of smell, while not necessarily stimulating other senses.

1. Spread the cooked and cooled boiled rice on one side of the tray.
2. Spread the crispy rice cereal out on the other side of the tray.
3. Just as they start to play at the tray, pour a small amount of either milk or water on to the rice on each side of the tray.
4. Get playing!

*Disclaimer

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

* *If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.

My Senses: Sight

Edible Sensory Recipe

You will need:

Biscuits

Fruit salad with bright colours- e.g. apples orange, kiwi, strawberries

Grip lock plastic bag

Rolling pin

Large tray

Method

This edible sensory recipe is designed to explore the sense of sight, while not necessarily stimulating other senses.

1. Prepare the fruit salad. Ensure the fruit is chopped into large batons Please note that fruit chopped into very small pieces could be a choking hazard!
2. Put the biscuits into the plastic bag and crush them into crumbs using the rolling pin.
3. Spread the fruit salad out on the one side of the tray.
4. Spread the crushed biscuits out on the other side of the tray.
5. Get playing!

*Disclaimer

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

**If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.

My Senses: Smell

Edible Sensory Recipe

You will need:

Pineapple

Eggs

Milk (optional)

Large tray

Method

This edible sensory recipe is designed to explore the sense of smell, while not necessarily stimulating other senses.

1. Prepare the pineapple. Ensure all the spikey skin is removed. The pineapple can be cut into rings or chunks, that bit is up to you.
2. Use the eggs and milk to make scrambled egg. Whisk the eggs and add a dash of milk. Microwave for approximately 1 minute 30 seconds. Allow to cool.
3. Spread the pineapple out on the one side of the tray.
4. Spread the cooled scrambled egg out on the other side of the tray.
5. Get playing!

*Disclaimer

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

* *If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.