

# Taste Safe Messy Play

How to make your own taste safe sensory messy play activities at home.

**Please note:** although these activities are taste safe, they should not be consumed in large quantities. They are designed to be safe should a small amount be put into your child's mouth. Please supervise your child at all times when playing with these activities.

## AQUAFABA

### WHAT YOU NEED

- ★ Liquid from 1 can of legumes (chickpeas, kidney beans, four mixed beans etc. is ideal)
- ★ 1 teaspoon cream of tartar
- ★ 1 drop food colouring
- ★ Bowl
- ★ Electric whisk

### METHOD

1. Strain the legumes into the bowl so only the liquid remains.
2. Add cream of tartar and food colouring.
3. Whisk with the electric mixer on high until it forms thick peaks (like meringue).
4. Play with straight away, it lasts about 30-45min.

## COLOURED RICE

### WHAT YOU NEED

- ★ 2 cups rice (if you are concerned about raw rice, pop in the oven for 5 minutes on 180°C)
- ★ Food colouring
- ★ Zip lock bag

### METHOD

1. Put the cooled rice in the zip lock bag, add a few drops of food colouring, seal the bag and shake well until all the rice is covered.
2. Unzip the bag and allow the rice to dry.

It's important that if the rice gets wet during play, throw it away once play has finished.

## COLOURED NOODLES

### WHAT YOU NEED

- ★ Vermicelli mung bean noodles
- ★ Food colouring
- ★ Boiling water
- ★ Saucepan
- ★ Sieve



### METHOD

1. Boil the noodles for 2 minutes.
2. Turn off the heat and add a few drops of food colouring.
3. Allow to sit for 1 minute.
4. Drain the water and then rinse in cold water until the excess colour is rinsed away.

## OOBLEC MUD

### WHAT YOU NEED

- ★ 1 ½ cup corn starch
- ★ ¼ cup cocoa powder
- ★ 1 cup cold water
- ★ Bowl
- ★ Wooden spoon



### METHOD

1. Mix the water, corn starch and cocoa powder together in the bowl. The consistency should be hard to stir, but runny when poured.
2. If needed, you can add a bit more water or a bit more corn starch.