



Rainbow Noodles

Ingredients

Cooked noodles/
spaghetti

Food colouring

Equipment

Bowls or containers

Tongs, cups, scoops,
bowls, spoons or any
other tools children
may want to use to
explore the noodles.



Method

1. Prepare the noodles as instructed on the packet and then strain and rinse under cold water for several minutes.
2. Coat the noodles in a touch of oil to stop them sticking.
3. Divide the noodles into bowls (one bowl per desired colour) and add several drops of food colouring to each.
4. Mix well and allow to dry for 10-15 minutes.
5. Place the noodles in a sensory bin or container.
6. Add the tongs, cups, scoops, bowls, spoons and other chosen tools.
7. Children will enjoy exploring the noodles, either with their hands or the tools provided.

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