

Edible Paint activity

Nottinghamshire Better Start Strategy states: Research shows that access to high quality early learning experiences, together with a positive learning environment at home, are vital to ensure children reach a good level of development.

You are your child's teacher:

Use descriptive language: talk about what your child is doing avoid asking questions.

Let your child explore with the paint.

Be warm, supportive, and encouraging.



Recipe for edible paint:

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

Method:

Mix the cornflour with the cold water and stir together. Pour in the boiling water and stir between each cup. It goes really strange but keep stirring and it literally seems to “melt” into a wonderful, custard-like consistency. We then separated it into individual jam jars before adding colouring, but you can do it however you like and this is the stage to add colour.

