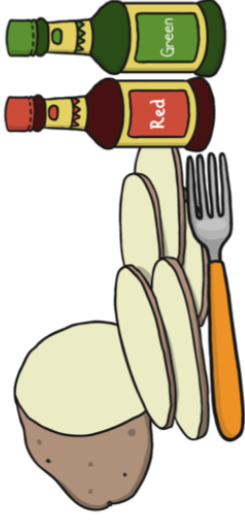


Mashed Potato Colour Mixing

You will need:

food colouring in 2 or more colours
white potatoes
access to a hob
two large pans
forks
tuff spot or similar
potato mashers



Method:

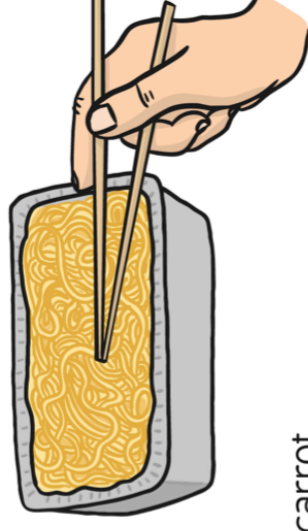
- First peel and cook the potatoes on the hob and drop 3-4 caps of food colouring into the cooking water. You can do 2 colours or more depending on how many pans you have.
- When cooked, drain and allow to cool for a short while before putting the potatoes into the tuff spot.
- Talk to the children about the colours that the potatoes have turned. Provide the forks and potato mashers so that the children can begin to mash the potatoes.
- Explain that the potatoes have grown in the ground and are dug out of the ground at harvest /autumn time.
- Support the children to mix and make patterns using the potatoes, looking at the colours they can make.



Noodles and Chopsticks

You will need:

small drizzle of oil
egg noodles
rice noodles
forks
hot water
tuff spot or similar
chopsticks
optional cooked pieces of carrot
pepper
sultanas



Method:

- Cook the noodles in the hot water or microwave according to packet instructions.
- Keep some of both type of noodles back from cooking.
- Drizzle the oil into the hot noodles and spread them out on the tray. Sprinkle in the carrots if using.
- Sit with the children and show them how to use chopsticks.
- Explain how they were dry showing the children the dry noodles, but now they've been cooked so they're soft.
- Let the children have a play with the noodles, picking them up with chopsticks and forks.

