

Rainbow Noodles

Taste-Safe Sensory Recipe



You will need:

- Pasta noodles (or spaghetti)
- Vegetable oil
- A selection of food colouring
- Saucepan
- Sieve or colander
- Bowls or containers
- Baking sheets
- Tongs, cups, spoons and bowls to enhance play and exploration

Method

1. In a saucepan, boil some noodles as instructed on the packet.
2. Remove the noodles from the heat before they are fully cooked to allow them to keep some firmness.
3. Strain the noodles from the hot water and run cold water over them before allowing them plenty of time to cool.
4. Pour a little vegetable oil over the noodles to stop them from sticking.
5. Divide the noodles into bowls (one bowl for each desired colour) and add several drops of food colouring to each.
6. Mix well and spread the noodles out onto baking sheets to allow them to air dry for ten to fifteen minutes.
7. Place the noodles in a sensory bin or container.
8. Provide learners with scoops, spoons, tongs and bowls. Learners will enjoy exploring the noodles, either with their hands or the tools provided.



Disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to sensory activities, including food items/ingredients, you must ensure that an adequate risk assessment is carried out before using this resource. You must contact a suitably qualified professional if you are unsure and follow weaning guidance if using this resource with young babies. The final product from this recipe is safe for children to taste and explore with their mouths. However, it is not intended for them to eat in large quantities and it is your responsibility to ensure their safety. Twinkl is not responsible for the health and safety of your group or environment. Please be aware that learners should always be supervised due to potential hazards with handling and exploring sensory objects, particularly young or vulnerable learners. Sensory activities can engage learners in their play and learning, but supervising adults should check for allergens and assess any potential risks before the activity and only proceed if it is safe to do so. Learners should wash their hands before and after these activities.