

# Messy play recipe cards

Copy on to card and cut out to make three fun recipe cards for sensory activities and pretend cooking

## Musical soup

Choose ingredients and equipment to make beautiful sounds

### Ingredients

- poppy seeds
- cous cous
- pearl barley
- split peas
- dried marrow fat peas

### Equipment

- wooden and metal scoops and spoons
- metal bowls
- wooden bowls
- plastic bowls
- paper bowls

### What to do

- Scoop up any one of the ingredients and trickle into the bowls.
- Shake and stir with wooden and metal spoons to make an abundance of musical sounds.
- For softer sounding soup, use only a small amount of poppy seeds or cous cous and stir gently.
- A combination of several different ingredients will give you a full-flavoured and harmonious soup.
- Keep stirring until the whole bowl is jingling.



## Feelie patty pie

Any dried ingredients will be good for this pie, as long as they feel lumpy and bumpy

### Ingredients

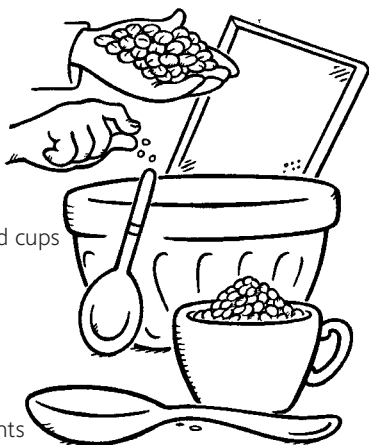
- scoops of lentils
- handful of dried peas
- pinches of cous cous

### Equipment

- measuring spoons and cups
- shallow tray
- mixing bowl
- wooden spoon

### What to do

- Measure the ingredients into a mixing bowl.
- Stir several times until all the ingredients are thoroughly jumbled up.
- Spoon on to a shallow tray.
- Pat the ingredients with both hands.
- Rearrange the ingredients as required.



## Fragrant side salad

Dollies and teddies love this salad, so make lots!

### Ingredients (serves one)

- dried chick peas
- split peas
- coloured lentils
- rice
- dried pasta shapes
- herbs (from a jar or the herb garden)

### Equipment

- scoops and spoons
- mixing bowl
- paper cake case

### What to do

- Put two teaspoons of each of the first five ingredients into a big mixing bowl.
- Mix together thoroughly.
- Stir in some herbs and scoop the mixture into an individual dish or paper case.
- Leave in a warm place for the fragrance to infuse.



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