



# My Senses: Taste

## Edible Sensory Recipe

### You will need:

- Tin of rice pudding
- Boiled rice - cooled
- Large tray
- Edible glitter (optional)

### Method

This edible sensory recipe is designed to explore the sense of taste, while not necessarily stimulating other senses. Let the baby explore with their hands and mouth.

1. Pour the rice pudding out on 1 side of the tray.
2. Spread the cooled boiled rice on the other side of the tray.
3. You may like to sprinkle edible glitter over the tray.
4. Get playing! Allow the babies to explore and taste the different types of rice.



\*Disclaimer

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

\*\*If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.