

# curious minds

Ages 3  
and up



## Edible fruit paint – taste and play

Encourage creative thinking in your child to add a little fun and play during snack time! This sensory loaded activity will not only have your child exploring their creativity, but also encourage learning through their senses. This is an open-ended activity with no right or wrong.

### Learning benefit/skill development

- Assists in developing creative thinking skills
- Develops self-confidence as children learn new things and express their feelings and emotions.
- Learning through senses of touch, taste and sight
- Enhances understanding of colours

### What you'll need

- Flavoured gelatine
- Yoghurt
- Spoons
- Bowls
- Plates
- Food colouring
- Fruits of your choice (strawberries, lemon, lime, blueberries, purple grapes and orange work well)
- Chopping board
- Knife

### Instructions

- Set up a table with the ingredients, with separate bowls for mixing. Have 1 bowl and 1 white plate for each fruit.
- Scoop 1-2 spoonful of yoghurt into each bowl and add one spoonful of flavoured gelatine in each bowl. Show your child how to stir the gelatine in so that it mixes well with the yoghurt.
- Add food colouring to each yoghurt bowl matching to your chosen fruit.
- With your child, show them how to cut up the selected fruits to display on the side of the finished plates.
- Your edible fruit paint is now complete. Enjoy some finger painting on a white plate or simply enjoy tasting!

