

## **MESSY FOOD PLAY WITH WET FOODS**



**Mirror/tray drawings:** draw on a mirror/ tray /paper with custard, mayonnaise, gravy, sauce; stick things to it eg cheerios, chocolate buttons etc

**Finger painting:** you could make different colours by eg mixing ketchup and mayonnaise to make pink or add food colouring to the mayo for finger painting or making hand prints on the tray. You can also do finger painting with chocolate spread, treacle etc on a paper plate, card, tray etc

**Mixing:** play with a cornflour and water mixture- watch it drip from the spoon, feed a dolly, hold it in your hands, add food colouring etc

**Jelly scoop, pour and cut:** scooping jelly in and out of containers, pouring jelly into moulds and putting them in the fridge, cutting out jelly shapes with child friendly tool eg a stick, plastic knife etc

**Whats hiding in the Jelly?:** Hide some objects (eg plastic toys) in the jelly , can you find them all?

**Food splat art:** put the food onto a brush and splat onto a page

**Pretend play:** create a jungle background using eg treacle or mash as a swamp, cornflour and water paste as a river etc, use plastic animals or dinosaurs , play the animals exploring the 'landscape', getting stuck in the 'swamp' etc.