

# COOKING

## Cause and effect, sensory play

### RICE

Let your child stand on a stool at the kitchen sink. Help them to put some rice into a plastic bowl. Fill the bowl with water and let your child wash the rice. Depending on their age, they might be strong enough to tip the rice into a sieve or colander to drain it. Repeat this until the water runs clear. This is a fantastic form of sensory play.

While they watch, cook the rice in your preferred manner. While the rice is cooking, invite them to help you prepare the other ingredients. Here adapt whatever works best for your family. You might opt for a simple rice salad. Your child can use child-friendly knives to chop tomatoes and cucumber.

Once the rice is cooked, place it out of reach to cool. This is an ideal opportunity to teach safety in the kitchen. Once the rice has cooled somewhat, invite your child to play with a small amount of it. Ask them what the difference is between the rice before it was cooked and now after it was cooked.

You could adapt a [rice salad recipe](#) like this one so that it best fits your family's needs.

### PLAYDOUGH

- 1 cup oats
- 1 cup flour
- ½ cup water
- A drop or two of food colouring

Mix the ingredients together until they form a smooth dough.

Invite your child to create and play with the playdough. While playdough-specific tools can be fun, you can use a variety of kitchen tools instead.