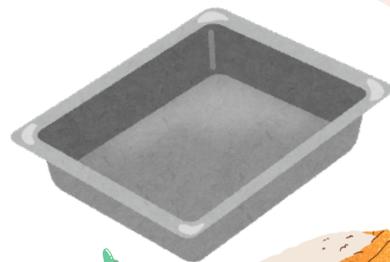
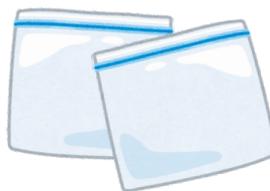


RAINBOW RICE WITH YUSUF YAM



WHAT YOU'LL NEED:

- Large bag of rice
- Resealable plastic bags
- Food colouring in a variety of different colours
- Tray
- Large tub/container
- Toys



HOW TO MAKE IT:

1. Divide the rice between the sealable bags.
2. Add a few drops of each colour you are using into each bag of rice.
3. Seal the bag and shake to distribute the colour. This is something your child will enjoy doing!
4. Spread the rice out on a tray to dry – it should be dry within a few hours.
5. Once the rice is dry, pour into a large tub/container or a shallow dish and try the age-appropriate activities! If you are using a smaller tub then it may be best to use a sheet or play mat underneath to help contain the rice!

12 MONTHS – 2 YEARS

- If you are using different colours you could arrange it in a pattern or mix the colours together.
- Scoop and pour the rice using different utensils such as smaller bowls, funnels, spoons, tubes, or ice cube trays to scoop. Your child will love seeing the rice 'move' and flow.
- Encourage your child to stick their hands into the rice to feel the different shapes and textures of the rice.
- Hide puzzle or alphabet pieces in the rice for your child to find, or try having a rice-tea party (add the rice to a toy teapot and pour into cups as part of a tea party with other toys).



GIG
CYMRU
NHS
WALES

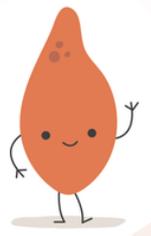
Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Cardiff & Vale
Nutrition and Dietetics
Maetheg a Dieteteg
Caerdydd a'r Fro

NYLO

Nutrition For Your Little One
Maeth I'ch un bach



12 MONTHS – 2 YEARS CONTINUED...

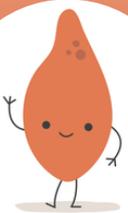
- Add toy animals, dinosaurs or any other creatures to the rice that your child is familiar with.
- Use your children's mini diggers or trucks to dig the rice up and pretend it's a building site.
- The rice can also be kept in clear bags for your child to play with – they will love being able to feel and watch the rice mix through the bag.

2 YEARS – 5 YEARS

- Craft with your rainbow rice – grab some plain and coloured card or paper and some glue – use these to make colourful rainbows with each colour rice, or make rice monsters or creatures.
- Make music with your rice – pour the rice into a clean, empty bottle or container to create your own musical shaker instruments.

YUSUF'S TOP TIPS:

- Try add a scent to the rice by adding the juice of lemon, or a natural essence or even herbs.
- Why not use dry pasta shapes to play with instead? This can be a good way to start introducing your child to different textures.
- Once your child has finished playing with the rice it can be stored in a container to use again.
- When your child is comfortable with dry textures, like pasta and rice, they can start moving on to wetter textures – such as cooked spaghetti (worms), wet oats (woodlice).



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Cardiff & Vale
Nutrition and Dietetics
Maetheg a Dieteteg
Caerdydd a'r Fro

NYLO

Nutrition For Your Little One
Maeth I'Ch un bach