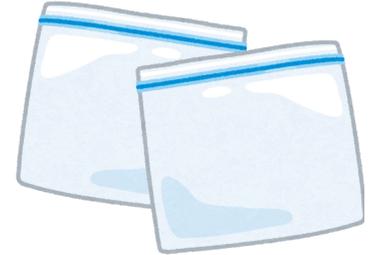
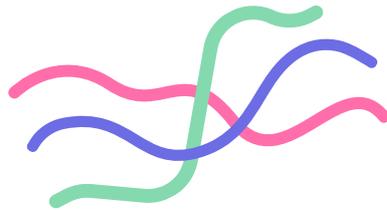


THREADING PASTA WITH NANCY NECTARINE



WHAT YOU'LL NEED:

- A variety of different pasta tubes and shapes that have a hole in like penne, macaroni, rigatoni, cannelloni, wheel-shaped (rotelle), or character shapes
- Different colours of food colouring (optional if colouring pasta)
- Pipe cleaners, straws or spaghetti (wool, string, laces for older children)
- Resealable freezer bags or container with a sealable lid



HOW WE MAKE IT:

1. To colour your pasta put a dollop of food colouring and a teaspoon of vinegar into a resealable bag/ container and mix together.
2. Add the pasta to the container. Get your child to slowly move the pasta in the plastic bag or shake the tub so that the colour covers the pasta.
3. If the colour isn't evenly distributed or you want a brighter colour you can add another teaspoon of vinegar or more food colouring.
4. Pour the coloured pasta on to a tray or baking tray and leave to dry. Ideally overnight, but it should be dry within a few hours.
5. To make more colours just repeat steps 1-4, using as many colours as you like!





1 – 5 YEARS:

1. Choose your “thread” and tie a knot at one end (really young children may be better to use pipe cleaners, which you can bend upwards at the end to stop the pasta falling off of).
2. Give your child the pasta shapes and encourage your child to thread the pasta by passing the pipe cleaner through the hole in the middle of the pasta shape (you may need to guide their hand if they are really young).
3. Keep the pasta in an air tight tub and use again and again!

DON'T FORGET!

ALWAYS SUPERVISE YOUNG CHILDREN WHEN PLAYING



NANCY'S TOP TIPS:

- It may be best to start off using larger tubes of pasta with younger children; as they get used to doing it then maybe move onto the smaller pieces of pasta.
- As your child grows you could progress and use a length of wool (or ribbon, string or a shoelace) to make pasta necklaces or bracelets!
- It's best to wrap some sticky tape around the end of the wool as this will make the threading much easier, as the wool will easily pass through the holes in the pasta shapes.



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