

# Painting with Food

This is a lovely sensory art activity and is also great for children that like to explore things with their mouth. It can also support children in exploring a more varied diet.

## You will need....

Food which can make a good paste, has a strong colour and has a sensory smell. Custard powder mixed with water, beetroot, spices mixed with water, jam, ketchup, raspberries, melted chocolate, pesto etc. and paint brushes or cooked spaghetti to paint with. Hold a bundle of spaghetti together with an elastic band and place in a glass of hot water for a few minutes until the spaghetti goes soft.

