

Preschool Recipes

COOKED PLAYDOUGH	CORNFLOUR GOOP
<p>2 cups flour 4 tablespoons cream of tartar 2 tablespoons cooking oil 1 cup salt 2 cups water food colouring</p> <p>Mix all ingredients in a saucepan and stir constantly over medium heat (good for arm muscles) until mixture congeals.</p>	<p>2 cups cornflour 1 cup water food colouring if desired</p> <p>Slowly add the water to the cornflour in a bowl. Stir until the water is absorbed by the cornflour. Add food colouring if desired. Play with goop in large containers with spoons, cups, hands, sticks, etc. TIP! To remove goop from carpets, allow it to dry, then brush or vacuum. Goop may be re-used after it has dried out. Crumble it to a powder then restore it to the original consistency by adding water, a spoonful at a time.</p>
UNCOOKED PLAYDOUGH	MICROWAVE PUFF-PAINTING
<p>3 cups flour 1 ½ cups salt ½ cup oil food colouring water</p> <p>Mix all ingredients to the right consistency. Keep in an air tight container.</p>	<p>1 tablespoon self-raising flour 1 tablespoon salt few drops of food colouring</p> <p>Mix the ingredients together using enough water to make a smooth paste. Make 3 or 4 different colours. Paint on to thick paper or cardboard, then microwave on high for about 10 seconds or until the paint is dry.</p>

COOKED FINGER PAINT	SALT CRYSTAL GOOP
<p>2 cups cornflour 5 cups cold water</p> <p>Mix the cornflour to a smooth paste with a little cold water using a large pot. Add 5 cups of cold water using a large pot. Add 5 cups of cold water and stir over low heat for about 10 minutes until the mixture has thickened to a consistency that will pour slowly and keep its shape briefly when moulded or patterned with fingers. Colour can now be added.</p>	<p>1 cup flour 1 cup water 1 cup salt food colouring</p> <p>Mix all the above ingredients together and put into squeeze bottles. When it dries, the crystals shine.</p>
FLUFFY PAINT	SLIME
<p>2/3 cup soap flakes 1/3 cup water powdered paint or food colour</p> <p>Combine all the ingredients and whip until fluffy. Paint. Be careful not to get into eyes as it will hurt. Rinse with water or a damp cloth.</p>	<p>1 cup soap flakes dissolved in 2 litres of warm water food colouring if desired</p> <p>Allow the mixture to stand until it becomes thick and slimy. Beat with eggbeater or fork to make it froth. Put slime in a wide, open container or trough. Provide children with egg beaters, spoons, funnels, cups, sponges, sieves, whisks, etc for them to experiment with.</p>