

Discovering COOKING

Cooking provides children learning opportunities across many domains, including numeracy skills such as measurement and counting. Enhancing thinking and language skills, following a sequence, and experiencing cause and effect.

EXPERIENCE

Making Playdough

METHOD

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Take the dough out of the bowl and knead it robustly for a couple of minutes until the stickiness has gone. This is an important step of the process, so keep at it until the dough reach its perfect consistency and texture.
- If it remains a little sticky, add a touch more flour to the dough until it feels right.

Age Group

2-5

YEARS

TIPS

For playing with playdough

- Children can choose to add other ingredients such as cinnamon, parsley or lavender to enhance the textures of the playdough.
- The dough will last about 4-6 weeks if it is store in an airtight container. You can divide the dough into two batches to ensure children always has fresh and clean play dough to play with.
- You may also store the dough in the fridge before play time. The cold play dough will give a different sensation for children explore temperatures such as cold and warm.
- Provide rollers, cookie cutters, dinosaurs, clay tools etc to provide a different play experience each time.

RESOURCES

What do I need?

2 cups plain flour
4 tablespoons vegetable oil
1/2 cup salt
2 - 3 tablespoons cream of tartar
1 to 1.5 cups water (keep adding the water incrementally until it feels just right)
food colouring (optional)