

Rainbow Toast



1. Allow your child to choose their preferred colours of food colouring.
2. In small bowls or cups, combine the milk and chosen food colouring to make desired colours. Set aside.
3. For each serving, use a pastry brush or clean paint brushes to "paint" a design onto the bread with the coloured milk.
4. Toast in a toaster oven until lightly browned.
5. Allow your child to add their own toppings, spreading them as independently as possible.

Extension ideas:

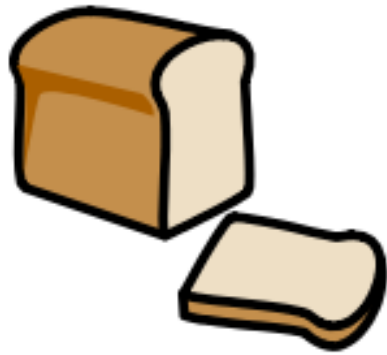
- Extend the activity by asking your child about the changes in the toast, e.g. from soft to hard, cold to hot
- Look at mixing primary colour (red, yellow and blue) to make secondary colours (green, orange and purple).
Can your child begin to predict what happens when you mix two primary colours together?
- Prompt your child to write their initial letter/name in the coloured milk.

Key words

Bread
Toast
Paint
Colours
Milk
Brush
Look

Resources you will need:

- Bread
- Milk
- Food colouring
- Toaster
- Bowls/cups
- Pastry brush (clean paintbrush)
- Toppings of your child's choice



bread



toast



milk



toaster



food colouring



bowl



red



yellow



blue



orange



green



purple