



GET CREATIVE



20 MINUTES



PREPARATION  
NEEDED

# RAINBOW TOAST



## ▶▶ GETTING INTO THE ACTIVITY

Turn a piece of bread into a multicoloured piece of edible art, with just a few simple ingredients.

To create the 'edible paint' you will need milk and some food colouring. Pour a small amount of milk into a cup and then add a couple of drops of food colouring and mix. For a more vibrant colour, add more food colouring. Have a good mix of colours, using multiple cups. This could be achieved by mixing primary colours, helping children to experiment with colour mixing.

Give each child a piece of bread. With a new & clean paintbrush or with cotton buds, use the edible paint to create a design on the bread. This might be a picture, face, rainbow etc or it could just be a colourful pattern. Be as creative as possible.

Once designed, the bread can then be toasted. Before eating the toast, have a look at everyone's designs and let the children share what they have created. Finally finish by eating the toast and enjoying the colourful yet tasty treat!

## ✓✓ WHAT YOU'LL NEED

- Bread
- Milk
- Food Colouring
- Cups
- New Paint Brush / Cotton Buds
- Toaster

## ! KEEPING EVERYONE SAFE

Maintain social distancing as required. Shared equipment should be kept to a minimum and hands should be sanitised before and after the activity.