

Messy Play Sensory Bin



Landscaping

This resource is designed to introduce new vegetables to your child. Engaging in this activity allows children to discover new vegetables by seeing, touching and smelling the foods. The goal is to encourage children to taste and eat new vegetables as they feel ready.

You will need



One large deep baking tray



Fork, spoon, tiny shovel, old toothbrush, paintbrush, or even a small toy digger (optional)



The food item you want to introduce (softened food such as mashed potato or pumpkin or small food items such as cooked rice or tinned lentils work best)

Instructions

- Fill the container with the food item.

Time for the fun part!

- Encourage your child to use the tools to move the food and the landscape. For example, dig holes, rake the food using the fork to make a unique pattern or build a small tower. If they start using their hands, even better!
- As they play, get them to describe what they feel and see. You may need to help with describing words (mushy, rough, slippery).