

My Senses: Sight

Edible Sensory Activity



You will need:

Biscuits

Fruit salad with bright colours– e.g. apples orange, kiwi, strawberries

Grip lock plastic bag

Rolling pin

Large tray

Method:

This edible sensory recipe is designed to explore the sense of sight, while not necessarily stimulating other senses. Let the baby explore with their hands in the knowledge that everything they are touching can be safely eaten.

1. Prepare the fruit salad. Ensure the fruit is chopped into large batons for the baby to hold. Please note that fruit chopped into very small pieces could be a choking hazard!
2. Put the biscuits into the plastic bag and crush them into crumbs using the rolling pin.
3. Spread the fruit salad out on the one side of the tray.
4. Spread the crushed biscuits out on the other side of the tray.
5. Get playing! Allow the child to explore the contrasting sights, the brightly-coloured fruit salad and the plain-looking biscuits.

