

Cumbria County Council  
*Early Years Team*

**What can I do  
today?**



**This week it is...food colouring**

## **Friday – coloured rice**

You will need:

- A container to dye the rice. This could be a transparent bag or a container with a lid.
  - Food colouring. How much depends on how intense you want your colour to be.
  - Rice – about a cup but again this depends on how much you want to make.
  - A small amount of vinegar (1 teaspoon for each cup of rice)
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- Add the food colouring, vinegar, and rice in the container. Mix them until the rice is the colour you want.
  - To dry the rice spread it on a baking sheet. It may take a few hours to dry. How long this takes will depend on the warmth of the room. You could put it in the sun to dry.
  - Use the rice for play according to your child's interests and needs. You could add it to a tray with small world figures. Add it to a jar to shake. Make more colours to make a rainbow jar.