Children can use this sensory book to become familiar with ingredients. Vary the ingredients and make more than one book if you like.

**RESOURCES**

- 5–10 ziplock sandwich bags per book
- A handful each of dry kitchen ingredients (see box)
  - bicarbonate of soda
  - corn flour
  - flour (whole-wheat and white)
  - lentils
  - oats
  - peas
  - peppercorns
  - rice (brown and white)
  - salt
  - spices such as coriander, cumin, fennel, mustard seeds
  - wheat germ
- Heavy tape such as clear packing tape
- Stapler
- Light cardboard
- Labels and a waterproof marker
- Art materials to decorate the covers (optional)

**ACTIVITY**

- Half-fill each ziplock bag with one of the ingredients.
- Staple the bags together at the ziplock end to make a ‘book’.
- Cover the seams and staples well with the heavy tape to prevent the ‘pages’ of the book being opened.
- Staple on a cardboard cover, then tape over the spine one more time.
- You can label each ‘page’ with the name of the ingredient it contains.

- Decorate the covers of the books (optional).
- Explore the ingredients in the book by squishing and moving them about through the plastic bags.

**TIP:** Point out these ingredients to children when you use them in a recipe to help increase familiarity with them.