

Cooked playdough

What you need

- 2 cups plain flour
- 1 cup cooking salt
- 2 cups boiling water
- 2 tablespoons cooking oil
- 4 tablespoons cream of tartar
- A couple of drops of food colouring

What to do

1. Place all the dry ingredients except the food colouring into a bowl
2. Add boiling water to the oil and food colouring
3. Add the wet mix to the dry ingredients and mix well.
4. Knead the dough until smooth

Note: Cooked dough can be stored in a plastic bag or in an airtight container in the fridge for up to two months.

Ideas to try

- Play dough can be used with a rolling pin and cookie cutters, assorted plastic lids, a butter knife for cutting segments, a muffin tray, a garlic press, plastic bottle tops and whatever you have handy at home.

- As your child/children play with the dough they are exercising the muscles in their hands, having fun, sharing play ideas and exploring ways to make the dough move as they squeeze, pound, poke, punch, prod, pull and twist the dough.