



Octopus in a Cave

Edible Sensory Recipe

You will need:

Basil seeds*

Carrot

Black food colouring

Vegetable peeler

Tablespoon

Peg

Cup measure

Bowl

Tray

Method

1. Add 4 tablespoons of basil seeds into the bowl, add 5 cups of water and a few drops of black food colouring. Leave for 15 minutes to soak.
2. Use the vegetable peeler to make wide ribbons of carrot. Peg the ribbons together.
3. Drain off any excess water from the soaked basil seeds.
4. Pour the soaked basil seeds into the tray and add the carrot ribbons.
5. Get Playing! Do the children like the feel of the basil seeds in their hands? Can they hide the octopus's legs?

*Use basil seeds suitable for eating, not from the garden centre.

**This recipe is intended to be used as soon as it has been made and not to be stored for future use.