

Recipe for How to Dye Rice and Pasta Bright Colours

This bright pasta and rice can be used in sensory bins, bags and bottles, small world play in an activity tray and as craft materials. Some dyed pasta can also be used for threading.

You will need:

Dried, uncooked rice or pasta

Gel food colouring

Cocktail stick

Ziplock bag

A tray

Either antibacterial hand gel or spirit alcohol (such as vodka or rubbing alcohol). This will make for a non-edible but long-lasting product. Alternatively, vinegar can be used for a safer but short-lasting product.

Method

1. Place a cup full of the pasta or rice into a ziplock bag.
2. Add a small squirt of hand gel or a capful of alcohol /vinegar.
3. Using the cocktail stick, add a small amount of the gel food colouring to the bag - a little colour goes a long way.
4. Close the bag and work the ingredients together until everything is evenly covered. If you feel you need more colour, just add a little more.
5. Lay the colourful pasta or rice out on a tray to dry. If the weather is cool, dry the pasta or rice in the oven on the lowest setting.
6. You will need a separate bag and cocktail stick for each different colour you would like to make.