



My Senses: Smell

Edible Sensory Recipe

You will need:

Pineapple

Eggs

Milk (optional)

Large tray

Method

This edible sensory recipe is designed to explore the sense of smell, while not necessarily stimulating other senses. Let the baby explore with their hands in the knowledge that everything they are touching can be safely eaten.

1. Prepare the pineapple. Ensure all the spikey skin is removed. The pineapple can be cut into rings or chunks, that bit is up to you.
2. Use the eggs and milk to make scrambled egg. Whisk the eggs and add a dash of milk. Microwave for approximately 1 minute 30 seconds. Allow to cool.
3. Spread the pineapple out on the one side of the tray.
4. Spread the cooled scrambled egg out on the other side of the tray.
5. Get playing! Allow the babies to explore the contrasting smells, the sweet pineapple and the savoury egg. Do they enjoy both of the smells?

*Disclaimer

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

**If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.