

Family  
Literacy



# Recipes for Fun!



Northwest  
Territories Education, Culture and Employment



# Introduction

The recipes in this document are all “tried and true” recipes that families, child care centres and family resource centres have tested. Some of the recipes were adapted from the “Family Outreach Resource Centre Cookbook” from Corner Brook, NL.

Enjoy family time together exploring with goop or creating with playdough... it's a great way to spend a snowy winter's day. When we expose children to new experiences, they gain language and literacy skills, as they learn new vocabulary words. Encourage your child to describe the texture of goop using words like “hard”, “soft”, “slimy”, “solid”, “liquid”, “dripping”, “wet”, “dry”, etc. Think about the ways your child can describe the squeeze paint or the sparkly salt pictures.

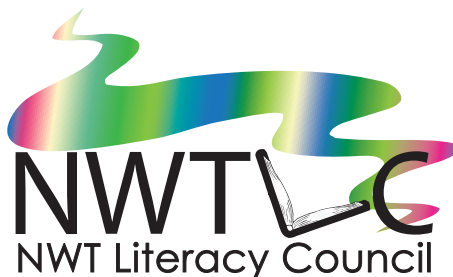
The NWT Literacy Council gratefully acknowledges the financial assistance for this project from the Department of Education, Culture and Employment, GNWT.



## Contact info

The NWT Literacy Council is a not-for-profit organization with a mandate to support literacy development in all official languages of the Northwest Territories. For more information, please contact:

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# Squeeze Paint

This paint will keep for a while if you keep the squeeze bottle closed. It dries with a raised “puffy” look.

## What you need:

- 2 cups flour
- ½ cup sugar
- 1 ½ cups water
- ½ cup salt
- Squeeze bottles (old ketchup or mustard bottles, or dish detergent bottles, cleaned).
- Funnel
- Food colouring
- Glitter (optional)



## How to make it:

1. Mix the flour, water, sugar and salt in a medium bowl until smooth.
2. Using the funnel, fill each squeeze bottle with the mixture.
3. Add a different colour of food colouring to each bottle.
4. Add glitter to the paint for extra sparkle if you like!
5. This is a thick paint, that doesn't drip a lot and dries like thick glue.

# Goop



## What you need:

- Water (room temperature) about 1 cup
- 1 ½ to 2 cups cornstarch
- Food coloring (optional)
- Mixing bowl
- Spoon

## How to make it:

1. Pour the water into the mixing bowl.
2. Begin to add the cornstarch to the water. Start with 1 cup of cornstarch.
3. Stir the water-cornstarch mixture with the spoon.
4. Keep adding the other ½ cup of cornstarch. Use your hand to mix it.
5. If the mixture seems too thin, add more cornstarch; if it seems too thick, add more water.
6. Play with it to get the right texture. There are no set rules for making GOOP. When GOOP is still it seems like a solid; when you try to grab it, it acts like a liquid.
7. Add the food colouring when you have the desired texture. Slowly mix the colours around with your hands.



## Salt Pictures



### What you need:

- 1/3 cup salt
- 1 tsp dry drink powder (like Kool Aid ©)
- Glue
- Squeeze bottle

### How to make it:

1. Put salt and drink powder into a squeeze bottle.
2. Shake the squeeze bottle to mix everything together.
3. Draw pictures with glue, sprinkle salt mixture over the glue.

## Edible Finger Paint

### What you need:

- 1 tablespoon light corn syrup (for each colour)
- Food colouring
- Plate

### How to make it:

1. Pour the corn syrup onto the plate.
2. Squirt a few drops of food colouring into the corn syrup.
3. Mix and paint with your fingers.

# Oatmeal Play Dough

This dough has a great texture and a nice, natural colour. The play dough will keep in a sealed plastic bag, but you may have to add more flour if it looks sticky.

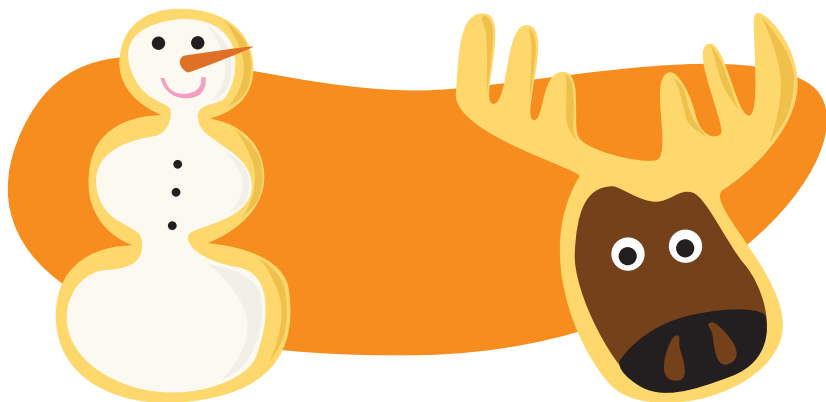
## What you need:

- 2 cups oatmeal
- ½ cup water
- 1 cup flour
- Mixing bowl



## How to make it:

1. Combine the oatmeal, flour and water in a mixing bowl.
2. Knead well.
3. Create with the dough and place the creations on a foil lined cookie sheet.
4. Allow the creations to air dry.
5. You can paint the finished projects when they are dry.
6. This dough has a very different texture, and is easily manipulated. It looks different than regular play dough.



# Cloud Dough

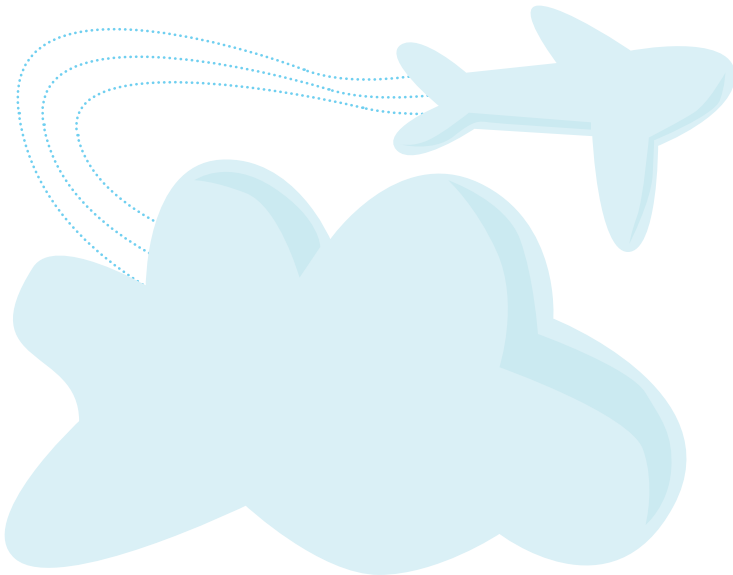
This dough feels and looks great. If you leave it in a sealed bag overnight, the oil will separate. You can try to mix it back up, but the dough is best if you use it on the day that you make it.

## What you need:

- 3 cups flour
- 1 cup oil
- Scent (vanilla, peppermint extract), etc. (optional)
- Water (approximately  $\frac{1}{2}$  cup)
- Medium mixing bowl

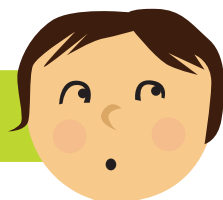
## How to make it:

1. Combine flour, oil and extract (if you are using extract).
2. Add water until the mixture is easily handled.
3. Use cloud dough to make fun shapes. Cloud dough does not dry well and is not recommended for painting.





# Indoor Snow



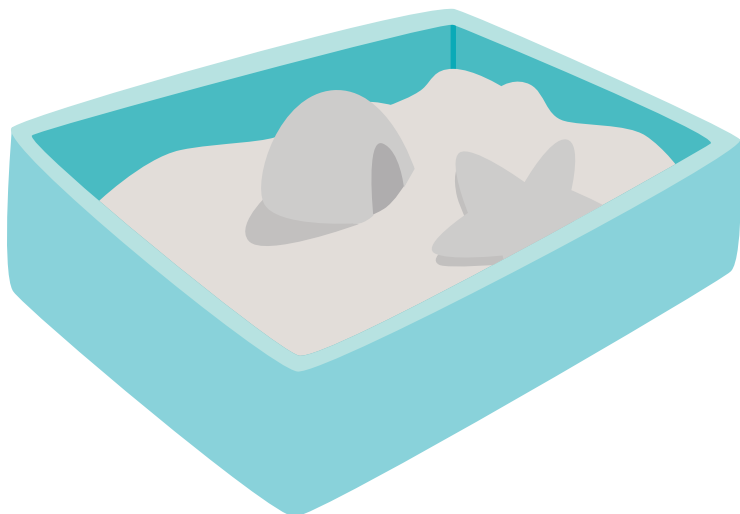
This recipe is a great alternative to sand in an indoor sand table. Keep it white to look like snow, or add Kool Aid © to make it coloured and scented.

## What you need:

- 8 cups flour
- 1 cup baby oil
- Kool Aid © powdered drink mix (small packages) (optional)
- Large mixing bowl or plastic tub

## How to make it:

1. If you are using Kool Aid ©, mix about 5 packages of one colour with the flour into the mixing bowl or plastic tub.
2. Add the baby oil and mix with your hands until it is all mixed together.



# No Cook Play Dough



## What you need:

- 1 cup flour
- 1 tablespoon vegetable oil
- $\frac{1}{4}$  cup salt
- 1 package unsweetened Kool-Aid ©
- 2 tablespoons cream of tartar
- 1 cup boiling water
- Mixing bowl

## How to make it:

1. Mix the flour, salt and cream of tartar in a medium bowl.
2. Dissolve the Kool-Aid © in the boiling water. Then add the oil and mix well.
3. Pour the very hot mixture slowly into the dry ingredients.
4. Stir and mix well with a large spoon or spatula for 3 to 5 minutes.
5. When the mixture forms a ball and is cool enough to handle, place on a flat surface.
6. Knead the dough until smooth.
7. Put in a plastic bag, close it tightly and keep it in the fridge.



# Baker's Clay



## What you need:

- 4 cups flour
- 1 ½ cups water
- 1 cup salt
- Large mixing bowl

## How to make it:

1. Combine the flour, salt and water in a large bowl.
2. Knead the clay for 5 minutes.
3. Sculpt objects on foil covered cardboard.
4. Bake the finished pieces in a 350°F oven for 1 hour.
5. Paint and decorate the objects when they have cooled.

