

RECIPES

Use these recipes to make your aids for teaching phonological awareness.

PLAY DOUGH

200 g plain flour 100 g salt
1 tablespoon oil 2 tsp cream of tartar
300 ml water few drops of food colouring

- Put the flour, salt, cream of tartar and oil into a large saucepan.
- Add the food colouring to the water
- Add the liquid gradually to the ingredients in the saucepan and mix it in thoroughly to get rid of as many lumps as possible.
- Cook over low/medium, stirring all the time until the mixture forms a ball in the centre of the saucepan and is no longer sticky. This is hard work and takes a while!
- Turn out onto a lightly floured surface; allow to cool and knead until smooth and pliable.
- Store in an air tight container or bag.
- *Add packet of unsweetened powdered cooldrink mix to your play dough to give it a great smell.*

SALT DOUGH

300 g plain flour
300g salt
1 tbs oil
approx. 200 ml water

- Mix all the ingredients in a large bowl using a knife. The dough should feel pliable – add more water if necessary.
- Turn out onto a floured surface and knead thoroughly until very smooth and elastic.
- Make little characters, animals, and alphabet letters.
- Place items on a lightly greased baking tray.
- Bake at 350°F (180°C) for 10 – 20 minutes, depending on the size of the items.

- When completely cooled, paint the items using powder or poster paint. Allow to dry.
- Store uncooked dough in a plastic bag in the fridge.

ALPHABET BISCUITS

125 g plain flour

60 g margarine

60 g brown sugar

½ small beaten egg

1 tsp ground ginger (optional)

- Beat the margarine and sugar together until creamy.
- Add the egg, a little at a time.
- Sift in the flour and ginger.
- Mix well to make a firm dough. If it is too soft, add a little more flour.
- Roll out the dough on a floured surface and cut out letter shapes.
- Lay the letters on a greased baking tray.
- Bake for 10 minutes at 375°F (190°C).