Activity Share: Heart Rainbow Toast

Age group: Toddler-Preschool

Materials Needed:
- White bread
- Food coloring
- Milk (can use oat or nut milk as well)
- Paint brushes
- Toaster
- Heart cookie cutter (optional)

Directions:
- Have your child pour milk into cups using a small pitcher (you only need a little milk, about ¼ C). Then, squeeze a few drops of food coloring into the milk. Stir together. Watch what happens! Ask your child what colors they see/made.
- Have your child paint their bread using food coloring and milk mixture. Some colors might mix, ask your child “what colors mixed together made that color?”
- When finished painting, toast bread.

Optional - when toast is finished, help your child use a heart cookie cutter to press down into the toast and remove excess toast from around the heart. Optional toppings - butter and cinnamon sugar.

Enjoy!