

## 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  $\frac{1}{4}$  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!**

