

Salt dough bakery

Overview:

Use common baking ingredients to make your own moulding dough which hardens to make lasting models.

The bakery items are just for play: do not eat the dough.

What you need:

- 100 grams of plain white flour
- 50 grams of salt
- 1 teaspoon cooking oil
- 80 mls of water
- Food colouring (optional)
- Paints (optional)
- A bowl
- An oven.



Instructions:

1. Mix the flour, oil, and salt in a bowl. Add water slowly and thoroughly until the mixture forms a firm dough. Keep adding water until the dough doesn't stick to the bowl. If too sticky, add more flour.
2. Knead the dough until smooth. If desired, you can add food colouring to make the dough coloured.
3. Mould dough into pretend biscuits, cakes, cupcakes, pies and other shapes. You can make almost anything out of salt dough: from baskets and decorations to jewellery and pretend tableware.
4. Bake the moulded items with an adult's help at 120°C for about 3 hours or until firm and dry. A layer of greased baking paper under the items will make them easier to remove.
5. Take your baked goods out of the oven and leave until cool.
6. Paint your creations to bring them to life.
7. Display your items on a pretend bakery shelf and have fun role playing!