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# Frozen Vegetable Edible Sensory Recipe

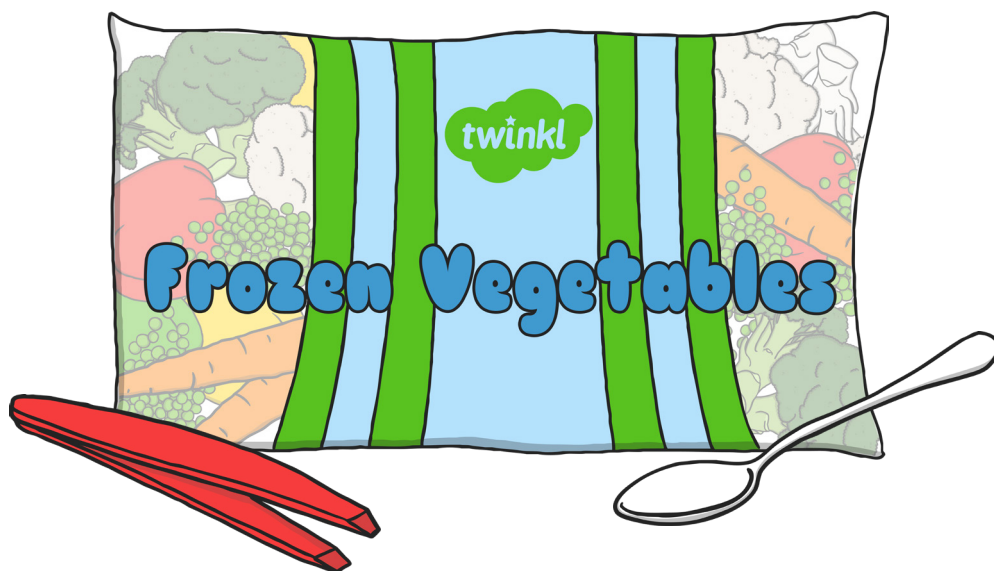
## What You Need

Bag of frozen vegetables

Plastic spoons

Small tubs

Plastic tweezers



## Method

1. Place the frozen veg into a tub with the spoons, small tubs, tweezers and anything else you would like the children to use.
2. You may choose to place a towel underneath the tub to soak up the water as it defrosts from the veg.
3. The child can explore the veg with the utensils provided, hands and mouth.