

## Dirt Pudding Cups With Gummy Worms Recipe

### Prep time

30 mins

### Total time

30 mins

**Serves:** 8 cups

### Ingredients:

- 1 packet chocolate sandwich cookies (like Oreos)
- 1 packet chocolate instant pudding
- 500ml cold milk
- 230g whipped cream
- Gummy worms

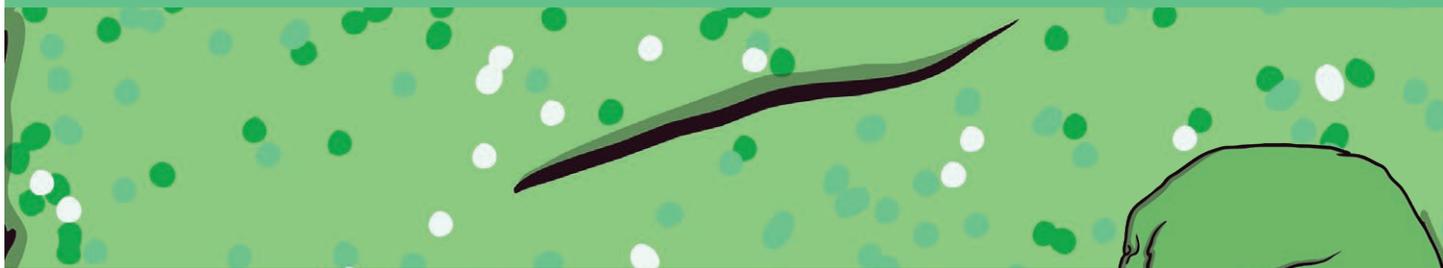
**Allergy Awareness:** If your child has a milk allergy, please substitute for oat milk (or alternative choice of milk), use dairy free oreos/chocolate biscuits and Oatly dairy free cream which can be whipped to make whipped cream. Vegetarian gummy worms can also be found in most main supermarkets.

### Instructions:

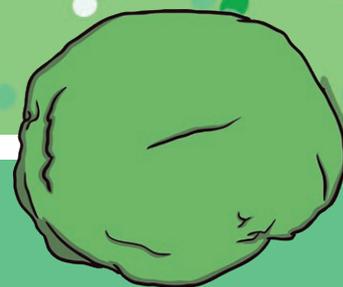
1. To make the 'dirt', place the chocolate sandwich cookies in a large zip-top plastic bag, and use a rolling pin to crush them into small pieces until they are in fine crumbs.
2. Next, make the pudding. Pour the dry pudding mix into a large bowl, then add the cold milk. Whisk everything together until all of the dry pudding dissolves and it's smooth and free of lumps.
3. Let the pudding sit for about 5 minutes, until it thickens and is no longer liquid. If it has the delightfully gloppy texture of pudding, you're ready to go on.
4. Add the whipped topping and approximately half of the cookie crumbs.
5. Gently stir everything together until the streaks of whipped topping disappear, and the cookies are well-mixed into the pudding.
6. Divide the pudding mixture evenly between eight cups- each should hold a little over  $\frac{1}{2}$  cup of pudding.
7. Tap the cups on the countertop a few times to level the pudding, then insert 3 gummy worms into the pudding and press them down a little so that they're embedded.
8. Pour the cookie crumbs over the pudding and gummy worms so that the entire top is covered with "dirt." Smooth it into an even layer with your hands.



Follow the instructions on this sheet to make your own playdough  
– no cooking or hot water required!



# No-Cook Playdough



## Ingredients

- 2 cups plain flour
- 1 cup salt
- 1 tbsp oil
- 1 cup cold water
- 2 drops liquid food colouring  
– any colour of your choosing

## Method

1. Mix the flour and salt together in a large mixing bowl.
2. Add the cold water, oil and drops of food colouring and mix together.
3. When your ingredients are well mixed, take them out of your bowl and place your dough onto a flat surface, such as greaseproof paper.
4. Knead vigorously for a few minutes, until your dough feels like playdough and all of the stickiness has gone.

### What is kneading?

This is when you press, massage, squeeze and fold your dough.

If your dough is too wet, add a little extra flour and carry on kneading.

If your dough is too dry and crumbly, add an extra drop of cold water and carry on kneading.

Make sure you add any extra ingredients a little bit at a time.

## Rhyming Activity



Here are some rhyming words from our story *Superworm*.

**Parents/carers:** Cut out the boxes below, mix them up and let your child find the matching pair! Can they think of another word to rhyme with the matching pair? E.g.: eat, treat, **seat**.

toad



road



strong



long



cork



fork



eat



treat



fly



sky



funny



honey



crane



train



## Plastic Bottle Wormery Instructions:

### Equipment needed:

- 2 litre clear plastic bottle
- Safety scissors
- Compost or soil or a mixture of both
- Sand
- A few worms per bottle
- Water sprayer to dampen layers
- Worm food - grated carrot, vegetable peelings, dead leaves, shredded newspaper
- Black cardboard or black bin bag



### Method:

1. Collect some worms from the garden.
2. Cut the top  $\frac{1}{4}$  off the bottle, to make a lid. Make a slit in the side of the lid so that the top can close over the bottom part.
3. Fill the bottle with alternating layers of sand, soil, sand, compost, sand etc. Spray each layer with water so that it is damp.
4. Add a few worms to the top of the bottle and watch them burrow down. Then add the 'food' to the top. Wash hands well after handling the worms.
5. Wrap the black cardboard around the bottle to make it dark. Worms do not like light and it will encourage them to burrow around the outside of the bottle so they can be seen.
6. Place the wormery in a warm place. Remove the cardboard when you want to see the worms. Check that the contents are damp and that there is food available for the worms.
7. After 1 week, release the worms back into the garden.

### Hints & tips:

- The layers disappear as the sand and soil mix together and channels appear where the worms have burrowed
- The food from the top may be dragged downwards
- Do not feed the worms citrus fruits or onions as this will make them poorly

