

Farm to Table Sensory Bin

This sensory bin is about exploring where our food comes from and is filled with fun, taste-safe textures like pasta “grass” and cereal “soil” along with pretend fruits, veggies and farm animals. As little hands dig, scoop, and play, children build early connections to healthy foods and the world around them—one tiny harvest at a time!

What you need:

- Cooked and cooled penne pasta (dyed green for “grass”)
- Dry cereal (Cheerios for example)
- Felt, wooden or plastic play fruits/vegetables
- Small toy animals that you would find on a farm (cows, pigs, chickens, ducks, etc.)
- Small buckets and/or baskets
- Baby-safe scoops, spoons and/or tongs



What to do:

1. Throw all your items into the container you want to use for your sensory bin.
2. The key is to keep it super simple, playful and focused on exploration and naming. You can pair the activity with songs like “Old MacDonald had a Farm”
3. Here are some toddler-friendly discussion ideas and questions you can add in as they play:
 - What type of animals do you see?
 - What sound does a cow make? What sound does a chicken make?
 - Ask where does milk come from? And point to the cow.
 - What colours are the different fruits and vegetables?
 - Do you like apples? Are they soft or are they hard and crunchy (ask about all the different fruits and vegetables you’ve included for example.)
 - Can you name this vegetable? Can you name this fruit?
 - The farmer grows our food – can you say farmer?
 - Let’s pick vegetables! Pluck! Pluck! Pluck!
 - The food grows on the farm...then where does it go?
 - What do you like to eat for breakfast/lunch/dinner?
 - This pasta feels squishy in our hands – can you squish it?
 - The cereal is crunchy – can you crunch it in your hands? What happens when you crunch it?
 - Let’s scoop and pour!

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