It's fun to play with your food with this sensory My Messtival activity!

Materials:
- At least one package of pasta (such as macaroni or ziti)
- Water
- Food dye (you can also use natural dyes such as red cabbage juice, beets, turmeric)
- Ziploc bags

Directions:
1. Cook a package of pasta according to directions.

2. Add food coloring to bags (about 20 drops depending on how colorful you want your pasta) then add a tablespoon of water. Add the cooked pasta to the bags and mix together.
3. After the pasta has cooled, rinse it in cool water to rinse off the remaining food coloring.

4. Place colorful pasta into a large container and begin playing! Use a variety of tools such as spoons, forks, chop-sticks, straws, etc to play. You can also hide items in the noodles to find such as toy cars, letters, etc...