

Fruit & Veggie Painting

This is a sensory-rich activity that helps children explore colours, shapes, and textures, all while creating beautiful and unique, nature-inspired artwork!

What you need:

- A variety of fruits and vegetables (see list below for best options), or you can use sponge or cardboard cut into a variety of shapes to represent the fruit instead of using actual fruits and vegetables.
- Non-toxic paint (washable, if possible)
- Paper (white or light-coloured works best)
- Plates or trays for dipping paint
- Paper towels or wipes for cleanup

Best Fruits & Vegetables for Stamping:

- Potatoes (cut into halves or slices for large stamps)
- Apples (cut in half for a star shape when stamped)
- Carrots (cut into rounds for circles)
- Bell Peppers (use the bottom of the pepper to make a flower shape)
- Grapes (whole for circular prints)
- Celery Stalks (cut into pieces for a leaf-like stamp)
- Lettuce Leaves (use whole for textured impressions)



What to do:

1. Lay down newspaper or a plastic tablecloth to protect surfaces. Set out your paper, plates/trays for the paint, and fruits and veggies you'll be using. Make sure the area is easy to clean up afterward.
2. Prepare the Fruits & Veggies. Wash your fruits and vegetables thoroughly. Depending on the item, you can leave them whole (like grapes, blueberries, and strawberries) or cut them into halves or slices to create different shapes (like potatoes, carrots, and apples).
3. Pour small amounts of paint into separate plates or trays for easy dipping. Choose a variety of colours to encourage creativity!
4. Dip the cut fruit or veggie into the paint, ensuring the surface is coated but not too thick. Press it firmly onto the paper to create a stamp. Gently lift the fruit or veggie to reveal the print. Repeat this with different fruits and vegetables to create patterns, textures, and designs.
5. Experiment with overlapping prints, different colour combinations, and using multiple fruits/veggies in one design. Have fun and get creative with shapes and textures!
6. Allow your artwork to dry completely before displaying it. The natural textures and vibrant colours will make it a beautiful piece of art!

weewatch.com

