

Lettuce Process Art

This activity will give little one's free range in creating some fun crafts and art and will also stimulate their brains with sensory play. It's a classic process art activity but can easily be turned into a food and nutrition craft that will help teach your little ones about healthy eating habits too!

What you need:

- Liquid glue
- Water Colours (shades of green, yellow and white)
- Paint brushes (optional, watercolour paint brushes)
- Heavy card stock (or paper to paint on)
- Scissors (optional)
- Painting aprons (optional)



What to do:

1. Tape down the paper onto the table. This allows the art to dry completely (alternatively you can tape the paper to a tray). The tape will create a crisp white border around the paper.
2. Set out the water colours with the paint brushes and the liquid glue.
3. Have your little one's "squiggle" the glue all over the paper. The idea is to create lines that will be lettuce leaves.
4. Allow the glue to dry.
5. Paint the lettuce leaves using the watercolours – there is no right or wrong way to paint!
6. The texture of the dried glue will start to show through as the watercolours begin to dry and then it's easier to see the "lettuce" in the art.
7. Allow the paint to dry completely before removing it from the flat surface.
8. Things to discuss while doing the lettuce painting:
 - What colour is lettuce? (Talking about how green foods help us grow strong and keeps our stomach happy.)
 - Do you eat lettuce at home? (Encourage little ones to share how they've seen or eaten lettuce, maybe in a sandwich, taco or a salad for example.)
 - Lettuce is a vegetable, what other green veggies do you know? (Broccoli, spinach, peas, cucumbers – great chance to list and learn.)
 - Lettuce helps us stay healthy and give us energy (emphasize how veggies help us run, jump and play.)
 - What do bunnies eat? Lettuce! (Make it fun by connecting healthy foods to animals they know and love.)

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