

Fruit & Veg Prints

What you will need –

- Some fruit and veg you have in the house
- Chopping board and knife
- Paint – you could use taste safe paint (see edible paint recipe at end of this worksheet)
- Plate or tray for paint
- Paper
- Small roller or brush
- Newspaper or wipeable tablecloth



Method:

1. Use knife and chopping board to cut fruit or veg in half
2. Spread or roll out your paint on plate or tray
3. Press your fruit into the paint or if you have a roller, use this to cover surface
4. Press the painted fruit onto paper and pull off Add food colouring to liquid
5. Build up your picture with different colours and fruit.
6. Experiment with veg or anything else you fancy trying, have fun!

Benefits:

- Develop fine motor skills whilst using fruit and veg
- Develop fine motor skills in mixing and using paints
- Explore turn taking, their turn to use paints
- Build social skills by sharing and playing with fruit and veg
- Sensory experience: can explore soft and hard different fruit & veg. If using edible paint this is safe to eat and taste
- A calm and soothing activity

