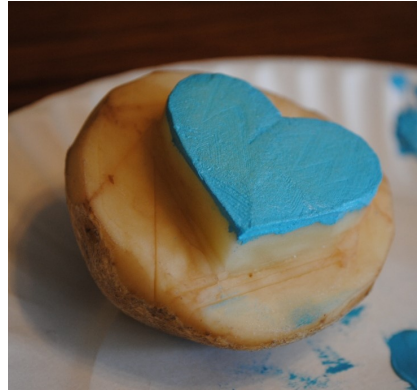


Fruit and Veggie Stamps



This week let's explore symmetry and patterns while creating unique art with items from the kitchen!

You will need:

- Washable paint
- Fruits and vegetables (apples, potatoes, corn, oranges, etc.)
- Paper plates
- Sharp kitchen knife
- Plastic knives
- Paper plates
- Paper
- Optional: pencil or marker

Instructions:

1. Cut hard fruits and vegetables in half with a sharp kitchen knife so that you can see the seeds in side. You can experiment with cutting them both vertically and horizontally — does the shape of the fruit change depending on how you cut it?
2. Allow children to cut the softer fruits and vegetables with a plastic knife. Talk together about the idea of symmetry—do the two halves of each fruit or vegetable look the same?
3. If you've used a harder food such as a potato, you can draw a pattern on the cut surface using a pencil or marker. Once you've drawn your pattern, carefully use a kitchen knife to cut around the design, leaving a raised shape in the middle of the potato (as pictured above.)
4. Spread paint on the paper plates so that there are multiple colors to choose from.
5. Have your artist dip the cut fruits and veggies into the paint, and use them to stamp designs onto the paper.
6. Try creating patterns using different colors or alternating the fruits and veggies used. Notice how different veggies might create a totally different shape depending on how you've cut it.
7. Allow your artwork to dry, then talk together about which "stamps" created which shape.
8. Don't forget to snack on some leftover fruits and veggies!

Variations:

1. Use a smaller fruit such as a grape or a blueberry to try creating pointillist paintings, or paintings made up of many small dots.
2. Use a cookie cutter to press a shape into your potato, and then cut around that to create a more detailed shape.

This craft activity is adapted from a project shared on Scholastic Parents.

