

Eating Between The Lines



EBTL Module 02 - Activity 05

Activity: Fruit and Vegetable Stamping

Outcomes

Children will become familiar with the diversity of salads.

You Will Need

- Several shallow bowls with a bit of paint in them
- A variety of fruits and vegetables cut in halves and pieces (i.e. apples, carrots, potatoes)
- Large sheets of paper
- Paint shirts
- Paintbrushes (optional)

Procedure

1. To introduce the activity, have children recall stamping with foam or rubber stamps. Perhaps, have some foam stamps available for them to use.
2. Let them know that we will be stamping using fruits and vegetables in this activity. Children can either dip the vegetables and fruits into the paint or use the paintbrushes to apply the paint. Invite children to stamp away!

