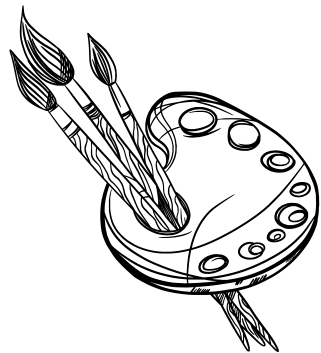


You Will Need

- Plain paper
- Washable paints
- Paint brushes and paint palettes
- Googly eyes (optional)
- Various vegetables
- Painting bibs
- Tablecloth



Why do we do this?

Making vegetable prints is a simple fun activity for parents and children to do together. It encourages creativity and engages the imagination. It is also a good opportunity to learn about colours as well as get to know vegetables. Its also a great way to use leftover veg. Vegetable printing also helps the development of fine motor skills.

Step 1 - Cut through the vegetables at a cross section to reveal a pattern. Allow the child to choose the vegetable and or picture/pattern they would like to make and discuss colours they are going to use.

Step 2 - Dip the vegetables in the selected paint or paint the vegetables with a paint brush then make prints on blank paper to make a pattern or picture.

Step 3 - Paint brushes or fingers can be used to complete the picture/ patterns.

