

FRUIT AND VEGETABLE PRINTING WITH YUSUF YAM



WHAT YOU'LL NEED:

- Firm Fruits e.g. apples, orange, lemons, pears
- Firm Vegetables e.g. potatoes, cauliflower, peppers, carrots, corn on the cob, mushrooms, cabbage
- Ready to use paint in different colours
- Newspaper/ kitchen roll
- Chopping board
- Plate, containers or trays (for paint)
- Paper
- Knife



HOW TO PLAY:

1. Wash and dry the fruit and vegetables and cut them in half.
2. Dab the cut side of the fruit/vegetable with some kitchen roll or newspaper to soak up the moisture to help the paint stick better.
3. Pour the paint you are using into a shallow container or plate. If you are using more than one colour, have a plate for each colour to prevent the colours mixing.
4. Apply the paint using a sponge or paintbrush, or dip the fruit straight into the paint. Make sure that the piece is covered evenly with a thin coat of paint.
5. Press the fruit or vegetable firmly to the paper, paint side down and remove.
6. Don't forget to let your painting dry for a few hours once you have finished

- Get your child to help you with chopping – check out our film on healthy snack ideas which shows different safe cutting techniques.
- You only need a spot of paint, too much paint could make the prints outline blurry.
- Make patterns and pictures using different vegetables together e.g. cut cauliflower into individual florets and use them to make a picture of a big tree!
- Please don't eat the fruit and vegetables after you have used them with the paint as this could make you unwell.

