



GET CREATIVE



15 MINUTES



PREPARATION
NEEDED

FRUIT ART



▶▶ GETTING INTO THE ACTIVITY

We all know you shouldn't play with your food... But what about creating art with it? Get artistic with fruit and create some healthy pieces of art.

For this activity you'll need a good selection of fruit which has been cut into shapes (circles, rectangles, triangles) or segments. Apples, pears, grapes, cucumber, oranges etc are perfect. Give each child a mixture of the fruit pieces and a plate to work on.

Challenge children to create a piece of art from the food items. This might be an animal, face, house, monster etc. You could give children a free rein to be as creative as they like, or you could set them a category to work on (i.e. self portrait). Once everyone has finished, give each child a chance to share what they have created. You could have a competition for the best piece of fruit art.

Face-to-Face: If completing this activity face-to-face then steps must be taken to ensure the activity is COVID safe. Hands should be washed before and after and children should work independently, only touching their own fruit items.

Virtual: Parents/carers should ideally cut up the fruit beforehand, with children then creating and sharing their art whilst on the call.

✓✓ WHAT YOU'LL NEED

- Cut up Pieces of Fruit
- Plate
- Knife

! KEEPING EVERYONE SAFE

Please maintain social distancing as required. Shared equipment should be kept to a minimum and hands should be sanitised before and after the activity. Only table knives should be used for this activity and under the direct supervision of adults.