



# PAL at Home

Preschool Art Lab activities for families to make together

ARTS PLUS

## “Vegetable & Fruit Prints”

This activity is appropriate for ages 3 and up

Time from start to finish = 15-30

You will need the following materials:

- Assortment of vegetables/fruits
- Paper
- Acrylic paint, tempera paint, or stamp ink pads
- Dish soap (optional)

Brief project description: You can make a print with almost any surface that has texture, and that includes fruits and vegetables from your own kitchen! This project is fun and experimental and will get kids thinking creatively about making art from different materials.



## Steps

• #1: Gather your fruits and vegetables. You can use almost anything but produce with solid insides (like a potato) or distinct textures works best. Here is a list of some of our favorites: corn on the cob, apples, okra, potatoes, celery.

• #2: Cut your fruits and vegetables into smaller pieces that are easy for your child to manipulate. You can try slicing your produce in different ways (at an angle, through the center). We recommend slicing the apples through the middle, rather than in regular wedge slices, to reveal the “flower” design made by the seeds inside.



- #3: Gather your ink pads. You can also make your own ink pad by saturating a few paper towels with paint.

\*Note: Try using acrylic or tempera paint. We suggest adding some dish soap to thicken the consistency of the paint in order to make crisper, clearer prints.

- #4: Press your vegetables/fruits into the ink pads or into your paint. Try pressing and rolling vegetables in the paint from different angles; corn on the cob makes a great texture from both the sliced cross section and the side. And remember, with printmaking a little ink goes a long way!

- #5: Stamp your vegetables/fruits on your paper. Try rolling your corn all over your paper for an interesting background texture.

- #6: You can extend this project and make more complicated print by working in layers. Start by setting up several different colors of paint, stamping with one color at a time, and then stamping over the first pass with a different color and a different vegetable shape.

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