Fruit and Veggies with Art and Music

Activity	What You Need	What You Do
Fruit and Veggie Placemats	• Blank paper placemats or paper cut to placemat size • Sponges cut into various fruit and veggie shapes • Paint • Laminating machine (optional)	Have children create a placemat for themselves or a family member with sponges and paint. Let paint dry and laminate (if desired) for longer use.
Design-A-Meal Plates	• White paper plates • Pictures of foods from magazines or other sources • Glue	Have children design a meal on their plate. See how many fruits and veggies they can find to fit into their meal.
Fruit and Veggie Stamps	• Fruit and veggie stamps • Non-toxic stamp pads • Paper	Allow children to create designs with stamps for an art project. Stamp kids' hands whenever they taste a new fruit or veggie item.
Fruit and Veggie Collage	• Old magazines, seed catalogs or garden catalogs • Paper • Scissors • Glue	Cut out pictures of fruits and veggies. Make a collage.
Fruit and Veggie Rainbow	• Old magazines, seed catalogs or gardening catalogs • Paper • Glue • Scissors	Find pictures of all yellow, green, red, orange, blue, purple and white fruits and veggies. Make a rainbow with all the colors found in the fruits and veggies.
Fruit and Veggie Mobile	• Cut-out pictures of fruits and veggies that children have drawn • String or yarn • Plastic hangers or wooden dowels • Glue	Cut various lengths of string or yarn. Glue the cut out pictures at the end of each string. Tie the other end of the string to the hanger or wooden dowel.