

# MAKE YOUR OWN VEGE PRINTS



This is a fun and easy project for the kids to do using materials that can be found at home.

## YOU'LL NEED:

- Kids paint (various colours)
- Paper or cardstock
- Old trays or plates
- Veges / Fruits (e.g. apples, carrots, brocolli, cauliflower, potatoes)

## STEPS:

1. Prep the paint by adding each colour to a separate tray or plate.
2. Now cut your veges/fruits in half (get an adult to give you a hand with this step)
3. Layout out the paper or cardstock on a flat surface.
4. Dip the fruits/veges into paint and start stamping them on the paper/cardstock.



### Tip:

- Use a variety of different coloured paint to create bright and colourful patterns!
- Veges such as potatoes and carrots can be cut into shapes like a flower, star or heart. Make sure an adult gives a hand with this step!

All projects should be carried out under competent adult supervision and using appropriate equipment.