



# Stamp Art

Recognize the importance of fruits and vegetables to a well balanced diet. Understand that many produce items such as apples, pumpkins, and potatoes are VA grown commodities.

## Directions

1. Slice the fruits and vegetable in half. You may also choose to carve designs in them.
2. Squirt paint on paper plates.
3. Have children dip the food in paint and stamp on the construction paper to create designs and pictures.

**Optional:** After letting them dry, the artwork can be laminated or covered in contact paper to create placemats that children can use.

## Supplies

- Construction paper
- Paint
- Paper plates
- Various fruits and/or vegetables, such as apples and potatoes
- Knife

## Suggested Books

