Fruit and vegetable printing

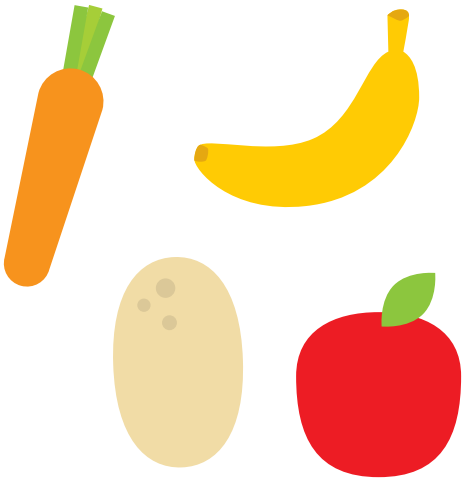
with Monkey Puzzle Day Nurseries

What will you need?

- ✓ You will need any spare vegetables or fruits that you not longer need for food! Great options are, apples, pears, bananas, lemons, oranges, broccoli, caulifl ower, bell peppers, potatoes, carrots, corn, mushrooms, brussel sprouts.
- ✓ Paper
- ✓ Paint/food colouring
- ✓ Childrens knife to cut up the fruit and vegetables

What activities can you do with this?

Cut up all of the fruit and veg and allow your child to coat the items in paint to then print onto paper. This is great for your child to explore the different textures, colours and senses. You could also make different patterns on the food to create a range of patterns.



- ✓ Pattern making
- ✓ Collages
- ✓ General painting

What skills will your child use?

- ✓ Cutting, healthy eating, fi ne motor skills, counting, speech and language, story telling, coordination, describing shapes, space and measure