Lesson Preparation - Food Art

Overview

Each student will create art made from fruits, vegetables and other ingredients. Students will use their senses to explore different foods and are invited to eat their art project once completed.

This lesson has connections to the PHE and Arts Education curriculum. It is designed for grades 4-7 but can be adapted for any grade. Younger grades can use butter knives and soft foods (e.g bananas or avocados) or work with foods that are pre-cut or do not require preparation (baby carrots, berries, grated cheese, etc).

Approximate Cost: $40-50 (varies depending on ingredients)
Lesson Time: 1 hour

Grocery Shopping List (See more food ideas on page 3, options are very flexible!)

Assorted fruits/vegetables of choice:

- ☐ Carrots
- ☐ Snap peas
- ☐ Cherry tomatoes
- ☐ Apples
- ☐ Berries

Other Optional Ideas (as budget allows):

- ☐ Grated cheese
- ☐ Seeds (pumpkin or sunflower)
- ☐ Pretzels
- ☐ Popcorn
- ☐ Dips (e.g. hummus)

Equipment For Each Student

- Paring knife
- Cutting board
- Plate
- Container or ziploc bag for leftovers

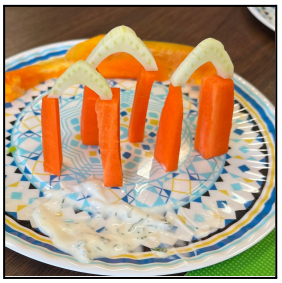
Teacher Background

- Review food safety and guiding principles for teaching nutrition.
- Review Canada's Food Guide Plate.

Before Class

- Wash, prepare and portion ingredients as needed.
- Set up workstations with equipment and portioned ingredients.

Lesson Plan - Food Art



Learning Outcomes

1. Develop familiarity with a variety of foods by exploring foods with the senses.
2. Learn about how and where different fruits and vegetables are grown.
3. Practice knife safety and knife skills.

Lesson

1. **Introduction** (20 minutes)
   - Discuss where vegetables fit on Canada's Food Guide Plate
     - The plate demonstrates that we want to eat plenty of fruits and vegetables.
     - Choose a variety of colors (eat the rainbow).
   - Show the vegetables/fruits you'll be using and discuss how and where they are grown
     - E.g. carrots grow underground, you can grow them in a backyard garden.
     - Show how to identify where a food comes from by looking at the produce stickers.

   ➢ ***Extension of learning*** - older students can research different types of vegetables or fruits, where they grow, how they are harvested, what products can be made from them.

   - Cutting Demonstration and Food Safety
     - Demonstrate how to safely use a knife by doing a live demo or show this video.
     - Discuss basic food safety principles and have each student to wash their hands.

2. **Stations** (30 minutes)
   - Arrange students in groups at tables.
   - Portion a selection of foods at each table for students to choose from.
   - Provide each student with their own knife, cutting board, plate and container for leftovers.

   ★ Students are invited to eat their final product but should **not** be pressured. Food exposure (even without tasting) helps develop acceptance over time. Valuable learning takes place by participating in preparation and discussions about food.

3. **Clean up and Reflection** (10 minutes)
   - Discuss student's experiences and observations in making their art project.
   - What did they like? What didn't they like? Did they try something new?
   - Discuss what other ingredients could be used.

Food Options - Food Art Lesson

- ➢ Choose a selection of foods from the list below as your budget allows.
- ➢ Aim to choose a variety of fruits and vegetables in a range of colors.
- ➢ Be aware of any student food allergies or intolerances.

Fruits (fresh or dried)	**Vegetables**
• Blueberries • Apples or Apple chips • Bananas • Oranges • Kiwi • Apricots • Cherries • Raisins • Craisins	• Carrots • Snap peas • Cherry tomatoes • Purple cabbage • Bell peppers • Cucumbers • Kale • Corn (canned) • Fresh Herbs
Other Foods	**Nuts or seeds***
• Grated Cheese • Whole grain wraps, small • Pretzels, low salt • Popcorn, low salt • Whole grain Goldfish crackers	• Sunflower seeds • Pumpkin seeds • Cashews • Almonds • Pistachios (shelled)
Dips	**Allergy Alert***
• Hummus • Tzatziki • Ranch • Flavored yogurt (for fruit dip)	★ Check with parents about student food allergies or intolerances. ★ Follow any nut or allergy policies if your school has them.