

Vegetable Soup Stamps!

YOU'LL NEED: PAPER, WASHABLE PAINT, VEGETABLE SCRAPS OR OTHER HOUSEHOLD OBJECTS YOU CAN USE AS A STAMP

TODAY WE'RE GOING TO PLAY WITH OUR FOOD, TO EXPLORE COLOR, SHAPE, AND TEXTURE!



- First we're going to make our stamps. The next time you're having vegetables, save some of the parts you don't usually use- like the **LEAVES**, **STEMS**, or **TOPS**.

- You can also use small or leftover pieces of food that have their own **TEXTURE**- like broccoli, lemons, or corn on the cob.

- Use **LONG** vegetables, like asparagus or a green bean, the same way you would use a paintbrush.

- A grownup can help you carefully **CARVE** a shape into a soft vegetable, like a potato. You could make a letters, stars, or whatever you'd like!

- Once you've got a good variety of shapes, put out a few colors of paint onto a plate, or another easy-to-clean surface. Then, use your veggies to **STAMP** different textures onto paper!

- Try making:

- a **REPEATING PATTERN**
- a **RAINBOW**
- a **LETTER**
- the shape of a **PERSON**
- a **CARD** for someone



If you don't want to use food items, you can also use cookie cutters, the top of a cup, a pencil eraser, bubble wrap...the possibilities are endless!