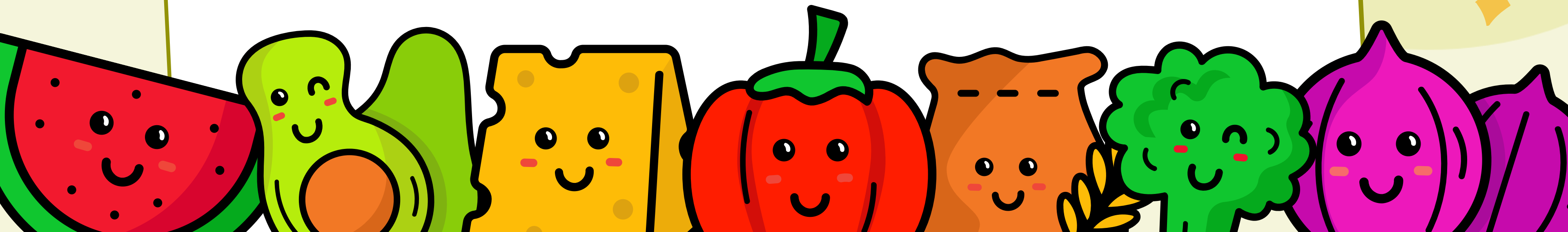


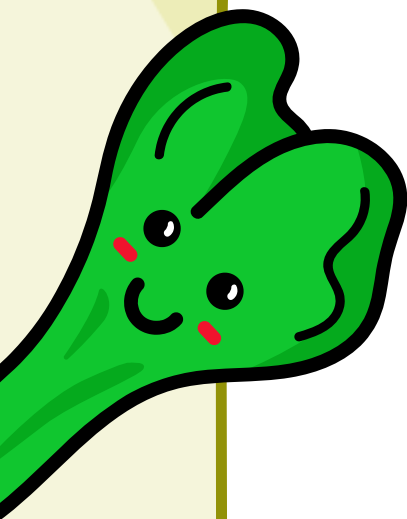
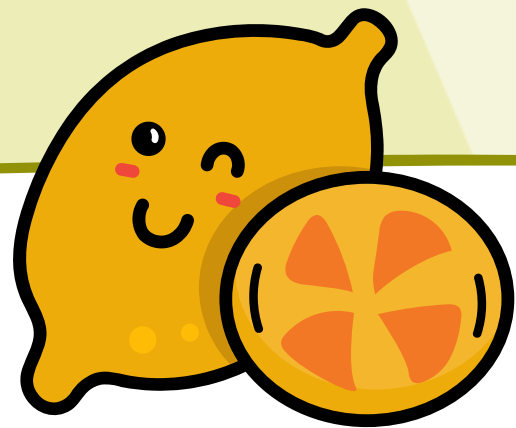


Connecting the Dots: Health as Art

# ***STAMP THE RAINBOW***

An art-based social-emotional health activity for  
play-based learning

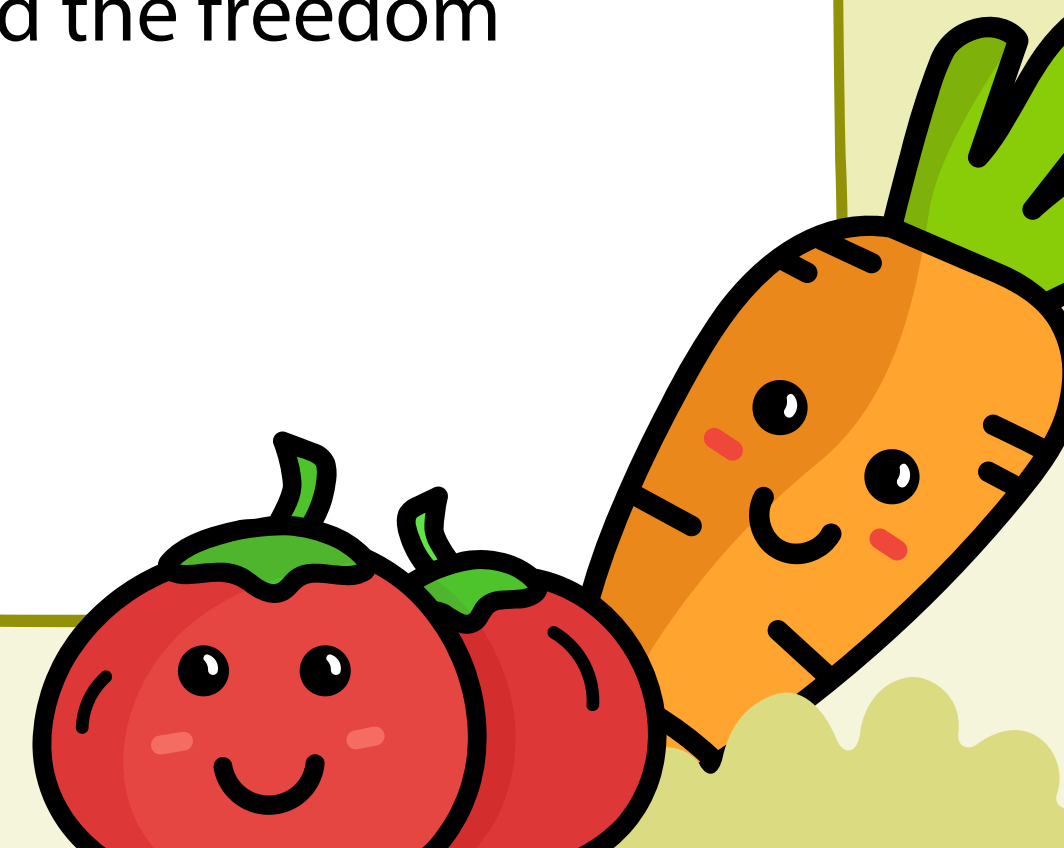
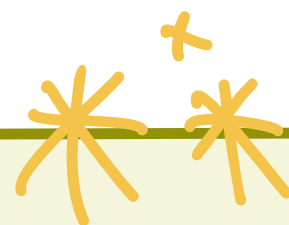




## ***WHAT IS PLAY-BASED LEARNING***



Play-based learning is all about the freedom to explore, learn, and create while you play. It helps us to develop new vocabulary, practice teamwork and communication, and build relationships with others. Play-based learning helps us to make sense of the world around us through discovery and the freedom and fun of play!

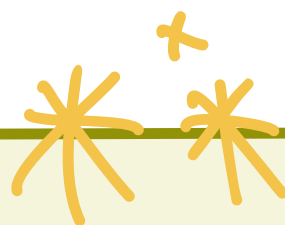




## CONNECTING THE DOTS

Eating 5 servings of fruits and vegetables per day can sometimes feel really hard. With so many different foods to choose from, it's quite the adventure to discover the foods we like or dislike. We don't always like the taste or texture of certain foods, and that can make trying new things scary. Playing with food helps us to explore different textures, tastes, and smells, and gives us the space to reflect on our likes and dislikes while discovering new foods.

Create your own paint using simple pantry ingredients and your own stamps out of various fruits, vegetables, and dry goods like beans and pasta. Explore different colors and intensities, shapes, and patterns and reflect on what you see, feel, and smell while you create! The more choice and experience you have in the kitchen, the more you will enjoy and feel confident cooking and trying new foods!



***GET COOKING:  
KITCHEN PANTRY PAINT***



## INGREDIENTS

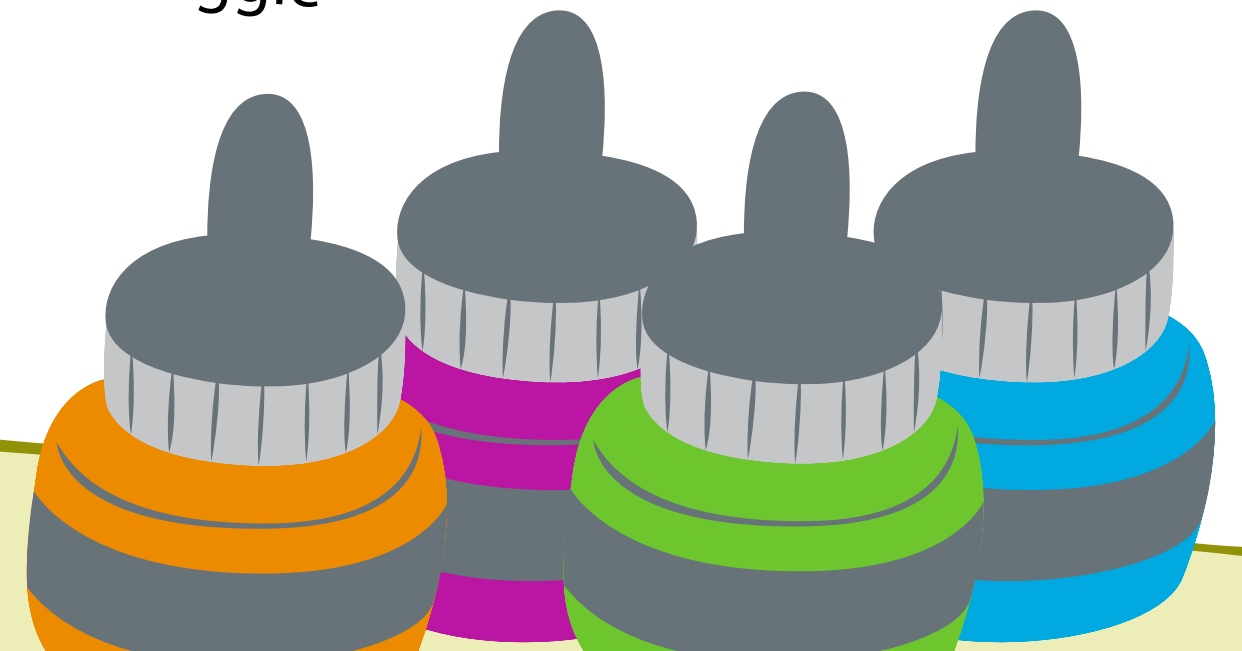
- Water
- Fruits/Veggies for color
  - Pink: Strawberries
  - Red: beets
  - Orange: carrots, sweet potato
  - Yellow: turmeric
  - Green: leafy greens or matcha
  - Blue: Red cabbage w/ baking soda
  - Purple: Blueberries
  - Brown: Coffee, tea, cocoa

## HOMEMADE FOOD COLORING

## DIRECTIONS

Use this recipe to make homemade food coloring or skip ahead and begin making your paint! Use colored paper to help make the natural colors stand out!

1. Simply blend water with your choice of fruit/veggie
2. Play with intensity of color by adding more or less fruit/veggie



## INGREDIENTS

- 1/2 Cup Flour
- 1/2 Cup Salt
- 1/2 Water
- Food Coloring
- Plastic Bag
- Scissors
- Cardstock or Thick paper

### OPTION 1: FLOUR PAINT

## DIRECTIONS

1. Mix equal parts flour, salt, and water.  
Encourage little ones to use their hands. Have them compare this feeling to regular paint.
2. Place mixture in plastic bags
3. Gradually add drops of food coloring until desired color is reached
4. Cut the tip of the bag and squirt out lines of paint
5. Save some for stamping!





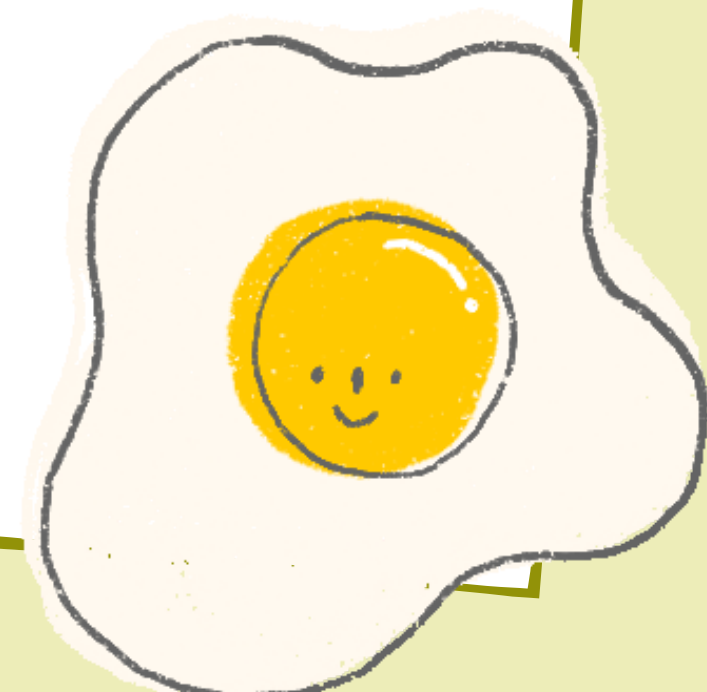
## INGREDIENTS

- Eggs
- Stain resistant bowls
- Food Coloring
- Forks for mixing
- Cardstock or thick paper
- Paintbrushes

## OPTION 2: EGG PAINT

## DIRECTIONS

1. Separate yolk from whites
2. Place yolks in bowls
3. Gradually add drops of food coloring and begin stirring with fork until desired color is reached
4. Play around with this consistency- use your paintbrush or fingers!
5. Save some for stamping!



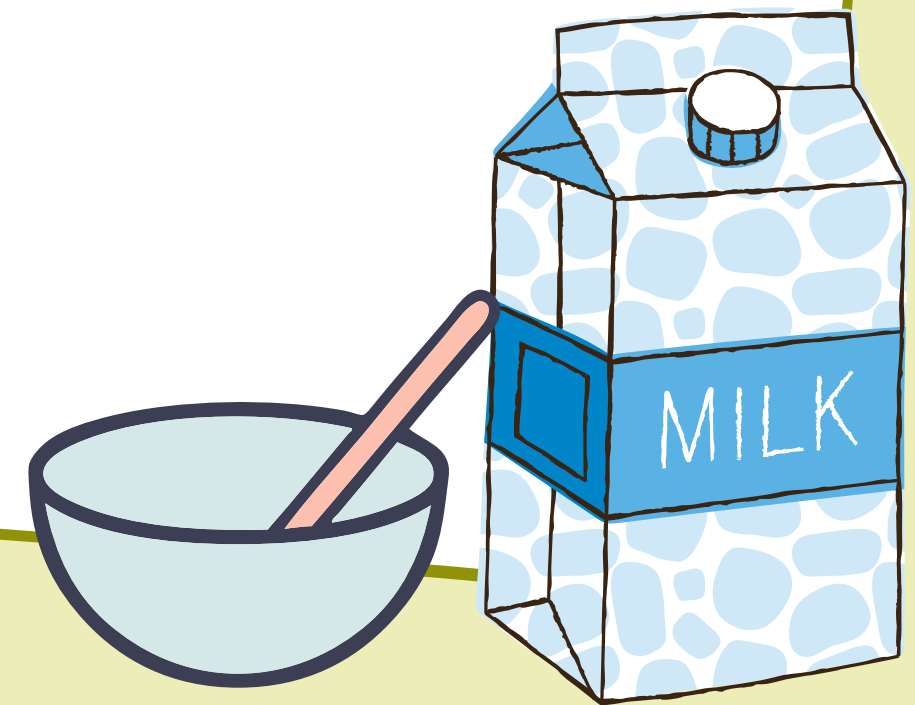
## INGREDIENTS

- Sweetened Condensed Milk
- Food coloring
- Cardstock or thick paper
- Paint brushes
- Stain resistant bowls
- Water dropper

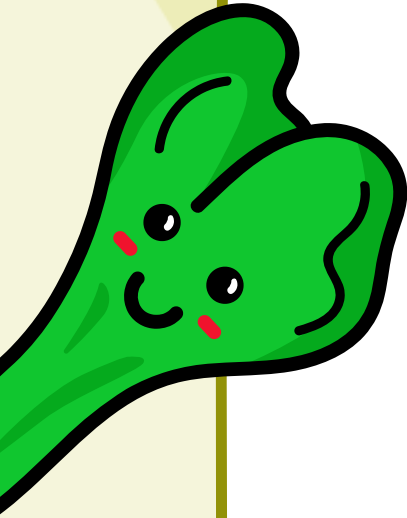
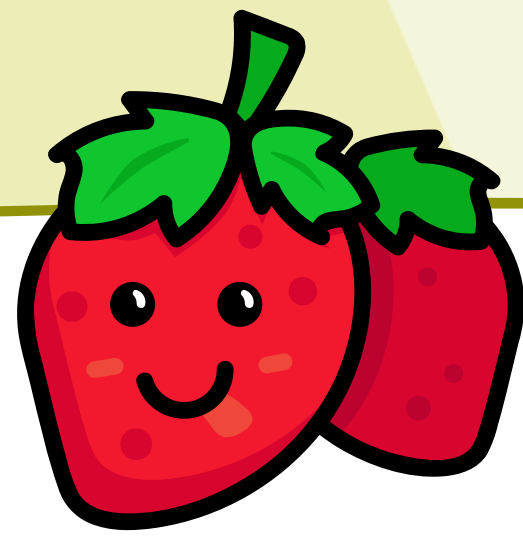
## DIRECTIONS

1. Pour sweetened condensed milk into bowls
2. Gradually add drops of food coloring until desired color is reached
3. Play around with this consistency using your paint brush and water droppers
4. Save some for stamping!

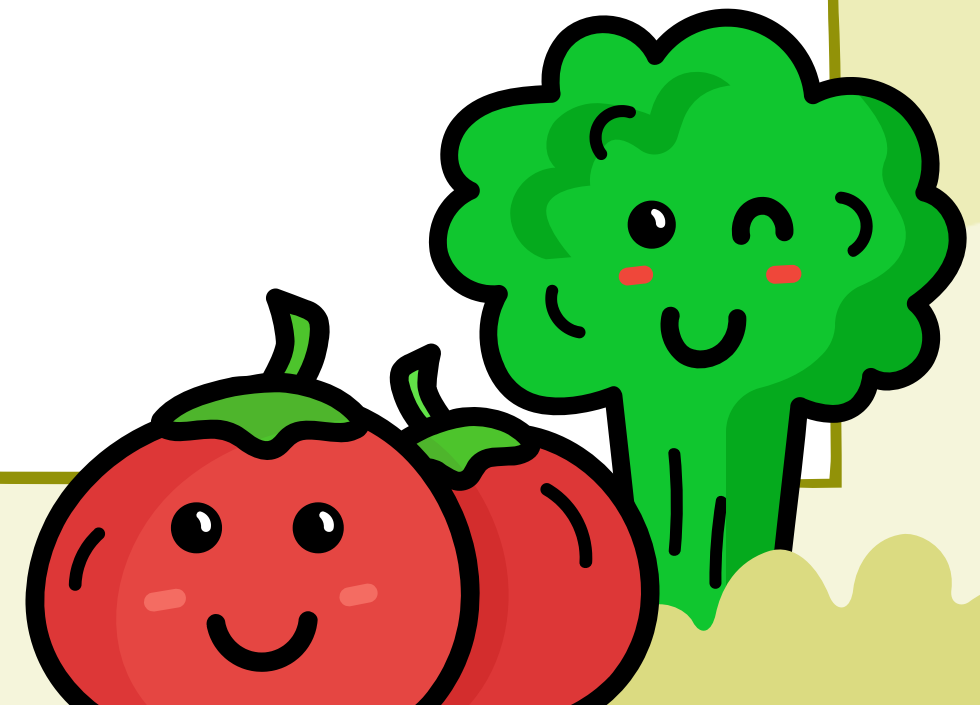
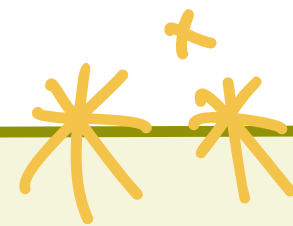
OPTION 3:  
**MILK PAINT**







# ***GET CRAFTING: KITCHEN PANTRY STAMPS***



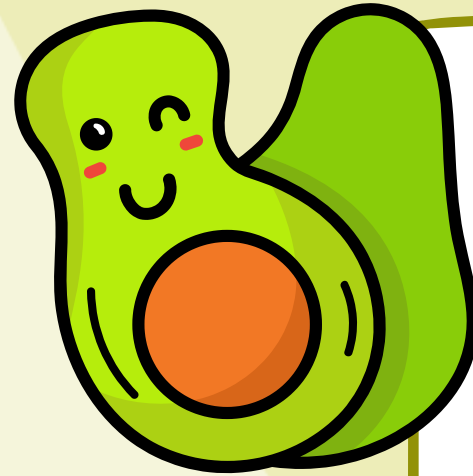
Gather different fruits, veggies, or dry goods to use as your art stamps and paintbrushes.

## ***THINGS TO THINK ABOUT***

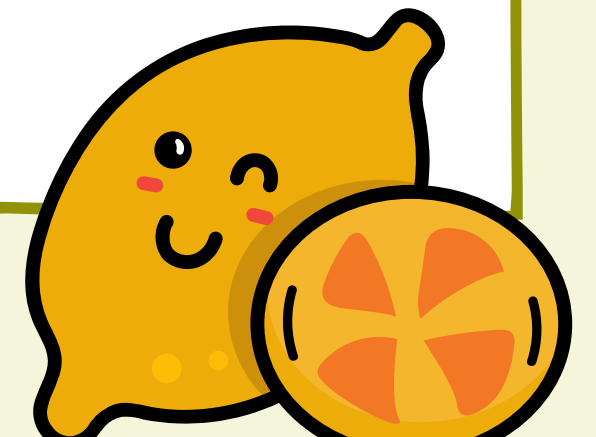
- Try picking 2-3 fruits/veggies you enjoy eating already, and 1-2 fruits/veggies you haven't tried
- Do a little research! What are some of the health benefits of your chosen fruits/veggies? How many would you have to eat to equal 1 serving?



# ***GET CREATIVE AND EXPLORE DIFFERENT PATTERNS***



- Roll berries through paint or stick on a toothpick to create lines
- Roll painted corn on the cob
- Paint and stamp different slices of fruit to see what print they leave
- Paint and roll corn on the cob
- Put beans and paint in a recycled container and shake to see what they create
- Paint and stamp dry pasta
- Save a few clean pieces of fruits and veggies for a tasty snack!



## ***FOOD FOR THOUGHT: REFLECTIVE WRAP-UP***

- *If you created several types of paint compare the difference in feeling, smell, and consistency. How are they similar? How are they different?*
- *What looks different about your paint created from food versus regular paint?*
- *What shapes can you see inside of your painting?*
- *Do you feel more willing to taste other fruits and veggies? If so, what fruits and veggies would you like to taste next?*
- *What colors do you see in your painting?*
- *What are some other ways you can play with your food?*