

READY

Children create art projects that illustrate what they have learned from the *Children's Power Play! Campaign* activities and bring their art projects home to share with their families.

SET

- Gather all available art supplies for children to use.

GO

1. Set out the art supplies.
2. Instruct the children that they are to work independently to create an art project (collage, drawing, painting, poster, clay, paper mache) that illustrates what they have learned about fruits and vegetables and power play, such as:
 - Why elementary school kids should eat 2½ to 5 cups of fruits and vegetables every day.
 - Why kids should get at least 60 minutes of power play every day.
 - Why kids should eat fruits and vegetables of many different colors.
 - How to eat your recommended cups of fruits and vegetables every day.
 - How to get at least 60 minutes of power play every day.
 - Different ways to prepare fruits and vegetables.
 - How to grow your own fruits and vegetables.
 - Your favorite fruit or vegetable (good for younger children).
3. Tell the children that they can use any of the art supplies available.
4. When children have finished their art projects, have each child present his or her art project to the group.
5. Ask the children to take their art projects home to share with their families.

GO FARTHER

- Ask a local grocery store or restaurant that serves fruits and vegetables to display the artwork.
- Ask a local newspaper to feature some of the artwork.

BRING IT HOME

- Plan an art exhibit. Have children create a flyer with details about the exhibit and distribute it to their families and friends. Serve fruits and/or vegetables at the exhibit. Send the artwork home with children after the exhibit.

Powerful Art



TIME

- Prep — 10 minutes
- Activity — 30 minutes

MATERIALS

- One sheet of plain paper for each child
- Crayons, markers, and/or colored pencils
- *Optional:* Other art supplies, such as scissors, glue, colored paper, paints, clay, chalk, poster board, fruit or vegetable containers or baskets, magazines