

How To Make: A RAINBOW PLATE



For this craft you will be making lots of separate fruits and vegetables to stick onto one paper plate. Each step below describes how to make each of the foods listed in *I Can Eat A Rainbow*. You will need:

Glue stick

Paper plate

A pencil

Scissors

Red pom poms

Green colouring pen

Coloured paper: yellow, purple, orange

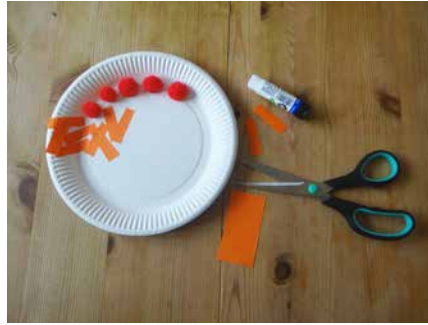
Coloured tissue paper: blue, green, pink

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1. Red Tomatoes!

To begin this craft, take a selection of red pom poms and glue them to your paper plate. Remember! You will be adding a lot of fruits and vegetables to your plate so use the space wisely.



2. Orange Carrots!

To make some yummy carrot sticks, cut out a long strip of orange paper. Then, cut this into smaller strips and stick them to your paper plate.



3. Yellow Peppers!

Using a pencil, draw out the shape of a pepper. With your green colouring pen, colour in the stalk of the pepper. Then, cut out the whole pepper (stalk included) and stick it to your plate. Remember! Make sure your pepper is not too big, otherwise it will take up too much space on your plate.



4. Green peas!

Rip some strips of green tissue paper. Crumple each one into tiny green balls. Stick these pea shapes to your plate alongside the tomatoes, carrot sticks and yellow pepper. Looks like you have a very hap-PEA plate of fruit and veg already!



5. Blueberries!

Rip some strips of blue tissue paper. Crumple each one so that they look like small blueberries. Stick these to your plate too.



5. Purple Sprouting Broccoli!

For this vegetable, you will need purple paper and green tissue paper. First, use a pencil to draw a broccoli shape on the purple paper and then set it aside. Then, rip some strips of green tissue paper and scrunch them up into balls. Stick these green tissue paper balls to the top of your broccoli shape on the purple paper, leaving the purple stalk visible. Cut out the broccoli shape and stick it to your plate. Remember! Make sure your broccoli is not too big as it will need to fit on your busy plate of rainbow fruit and veg.

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7. Pink Raspberries! Rip some strips of pink tissue paper and scrunch them into small balls to look like raspberries. Stick these to your plate alongside your tomatoes, carrots, pepper, peas, blueberries and purple sprouting broccoli!



8. Your rainbow dinner plate is now complete! **Remember!** Always eat at least 5 fruit and veg a day to stay healthy and happy!



I Can Eat A Rainbow
by Rebecca Kincaid
from **My World: Harvest**
Buy the songbook at:
www.outoftheark.com