



Water Painting with Vegetables

Age Group
School
Age

Time Frame
30-60 mins

Area
Indoors or
Outdoors

STEAM - Art

Resources

- Brown and purple onion tunic (skin)
- Coffee grounds
- Beetroot peel
- Red cabbage leaves
- Spinach (silverbeet)
- Bowls – one for each fruit \ vegetable
- Boiling water
- Chopping board
- Knife or scissors
- Strainer and paper towel

Experience

1. Gather your supplies. We have listed a few suggestions for different options that will produce different colours, however you can experiment with any fruit or vegetable that you have in your kitchen
2. To make your water paints, soak your chosen fruits and vegetables in boiling water. We soaked our vegetables for approximately 15 minutes. It is important to remember, the more water that you use, the weaker the colours will be
 - Pale Brown – 1 brown onion tunic, torn into pieces (the peel from the outside)
 - Brown – Coffee grounds, approximately 1 cup
 - Vibrant purple – 4 outer leaves of a purple cabbage, shredded
 - Pale green – spinach leaves shredded (Silverbeet is best)
 - Dark purple – peelings from 1 beetroot
 - Pale pink – 1 purple onion tunic, torn into pieces (the peel from the outside)
3. Once the water has cooled down strain out your scraps using a sieve or paper towel and reserving your water paint
4. You are ready to paint! Your paints will last for up to a week at room temperature before the colour starts to fade

Extension:

Why not try different foods or resources that you can find around your kitchen or backyard to create other natural paints? Berries make vibrant colours when crushed, try petals from the flowers in the garden or clay \ dirt dug from the ground, this also gives a great texture. You could also use grass!

Intended Learning

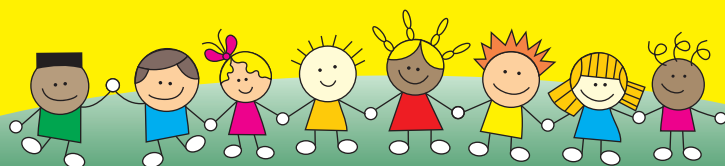
- Children will learn to reuse and recycle natural materials at home as well as build an increased awareness for house hold wastage.
- Children will develop their hand-eye coordination whilst developing safety awareness skills in a controlled setting.

My Time Our Place (MTOPI)

Outcome 4.2. Children resource their own learning through connecting with natural and processed materials. Children are learning about nature and to be resourceful.



E038 – OOSH Water Painting



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