



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

My Favorite Food

Component: Art

Time: 30 minutes



Materials:

- White Construction paper
- Finger paints or watercolors
- Plates

Procedure:

1. Have students talk about their favorite foods and why they like it.
2. Have students draw on construction paper their favorite food. The drawing should fill up the entire page
3. Students will dip 1 finger in the paint and start leaving fingerprints on their drawing. Remind students that they should only be using 1 finger. If they would like to add depth or different sizes, they can use a different figure.
4. After the art is completed, students can cut out the food.