



Create miniature models of your favourite healthy foods!

## What you'll need:



## Method:

**STEP 1:** Investigate and discuss healthy cooking and eating. Reinforce the concepts of sometimes foods and anytime foods. When considering the five food groups (vegetables, grains, proteins, dairy, and fruit), sometimes foods sit outside these groups. Anytime foods would be considered foods that sit within the five food groups.

**STEP 2:** Watch some fun miniature food cooking videos on YouTube for inspiration!

**STEP 3:** Use a safe, water-based air dry modelling clay such as FIMO Air Light to create miniature models of your favourite healthy foods. Examples include a miniature bowl of seasonal fruit for the kitchen table, a scrumptious fruit sundae or some healthy tacos.

**Note** - You can use pre-coloured clay or white clay which can then be painted.

**STEP 4:** Leave your clay creation to dry for 1-3 days!



### Extension Opportunities

Extension students and fast finishers could:

- Design and mould some more yummy, healthy food! Develop a new healthy food rating system. The class can use this system to reflect on the healthiness of each other's creations.

### Inspiration

Watch some miniature food cooking videos on YouTube or other online platforms. Which is your favourite creation? Explore and discuss other artistic representations of food including still life paintings by Cézanne, Caravaggio or Gauguin

### Learning Intentions

Students will:

- Investigate and discuss healthy cooking and eating
- Design and make miniature models of their favourite healthy foods
- Reflect upon and rate the healthiness of their yummy food creations.

### Curriculum Links

#### Visual Arts

- Use materials, techniques and processes to explore visual conventions when making artworks (ACAVAM111)
- Present artworks and describe how they have used visual conventions to represent their ideas (ACAVAM112)

#### HPE

- Explore strategies to manage physical, social and emotional change (ACPPS034)
- Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)

