

Developmental Play Activity Overview

Food Dye Painting



Year Group/s: EYFS

EYFS Curriculum Framework Links:

- Personal, Social, and Emotional Development (PSED)
- Physical Development
- Understanding the World
- Communication and Language
- Expressive Arts and Design

Summary:

In this activity students will watch a short video of how food dye and water paints can be made from natural materials such as avocado skins, red cabbage, and tea bags. They will then get paint with water paints made from food waste. This activity aims to expose students to the idea that we can use and reuse natural materials in our everyday life.

Prior Knowledge required:

- What is food waste – food that we don't eat and then throw away

- What are natural materials? *Materials that come from plants and animals and are not man made*

Learning objective:

To explore the difference between natural and manmade materials

- I can understand that some materials come from plants and animals
- I can understand that some materials are made by people
- I can paint with natural materials

Prepare before the lesson:

- Tuning in NLWA Education natural food dye video
- Teacher to boil cups of red cabbage, avocado skins or tea, to create blue, pink and brown water colours, and allow to cool before use
- Cups for water colours
- Paint brushes
- Easels with paper for students

Activity Outline:

1. Students begin by watching the NLWA Education video, which demonstrates how to create natural water based paints using food waste materials such as red cabbage, avocado skins, and tea bags.
2. After the video, they are introduced to the painting station, where the teacher has prepared natural watercolour paints made from these food waste items.
3. As students explore the painting activity, teachers can remind them that these colours were created from materials that would otherwise have been thrown away, highlighting the importance of reusing and reducing waste.
4. Teacher can also ask guiding questions to deepen learning. For example, where natural materials come from, how they are produced, and whether students can think of other natural materials in their environment.