

KIDS@TURNER Art Activity at Home 1

We Are What We Eat

- **Activity Type:** Ripped Paper Collage
- **Aimed Grade:** K-12
- **Time:** 30-40 minutes
- **Description:** Discuss with your child what their (and your!) favorite foods are. Use ripped up pieces of different colored papers, glued onto a paper plate or medium-large piece of paper, to create a 3D or flat image of that food.

Related Artwork



Juana Estrada Hernández
Pan-Demia, 2021, Etching, 18 x 24 in.

Key Terms/Main Ideas

Food can connect people and communities, as well as tell stories about us. What stories do your favorite foods tell about you and your family?

Pan dulces - the sweet bread featured in this artwork - are special to Mexican and Mexican American families. They represent a feeling of togetherness and strong community because they are often a special treat shared together. Feel free to discuss what sorts of foods are representative of your cultural backgrounds and/or the communities you are a part of.

Material Preparation

Required Materials:

- Colored paper
- Glue - Elmer's is fine, stick or squeeze bottle
- Paper plate or medium-large sized piece of paper

Optional Materials:

- A large piece of colored paper to use as a "placemat"
- Other assorted materials to add dimension or details, such as pompoms, bits of fabric, tissue paper, etc.

All materials listed can often be found in your house already, or bought at any local dollar store. Don't feel like you need lots of fancy, expensive supplies.

Instruction

- 1) Once you and your child(ren) have chosen your favorite foods, decide what colors of paper you will need and then compile the list of supplies given above. For younger children - ages 5-7 - they might need help ripping the paper, so you can assist as they go or pre-rip some paper for them ahead of time.
- 2) Think about the shapes you might want to use - for a slice of pizza, your child might want to rip a large brown triangle for the bottom and put circles representing toppings. If the food is something like spaghetti, explore ways of ripping long "strings" of paper or rolling noodle-shapes. Remember: this is an abstract art project that isn't meant to look exactly like the reference. The point is to experiment, get creative, and have fun!
- 3) When you and your child(ren) have the paper pieces ready, arrange and glue them to your paper plate or blank piece of paper to create the image of your food.
- 4) Optional Step: If you want to place your plate on a "placemat," allow food collage to dry and then use Elmer's glue to stick the plate to the mat. The squeeze-bottle kind works better than glue sticks, for this.

Optional Discussion Questions:

- 1) What does your favorite food look like? What shapes and colors does it have?
- 2) Is this something you would like to try and cook (or help cook)?
- 3) Why is this food your favorite?

Sample Artworks

