

Edible paint for nurseries

Get mark-making inspiration for your nursery with our edible painting activity.

Learning aims

- Promote healthy eating (with fruit paint!)
- Create awareness and understanding of the world
- Build relationships
- Investigate and explore
- Creative thinking.



Resources

- Your paint:
 - Fruit paint:
 - Fruit with strong natural colours e.g. strawberries, kiwis, bananas, blueberries.
 - Cornflour paint:
 - 250g of cornflour
 - 2 ½ cups of cold water
 - Food colouring
 - Saucepan.
- Small paint pots
- A range of painting tools e.g. paintbrushes and spoons
- Storage pots for cornflour paint
- Tuff Tray/mark-making area.

Activity outline

This activity is suitable for both babies and toddlers.

- Make your paint:
 - Fruit paint
 - Puree your brightly coloured fruit.
 - Cornflour paint
 - Take your cornflour and mix it with cold water and stir it until it has dissolved
 - Pour it into a saucepan and heat it gently (stirring all the time). After a few minutes, the paint will thicken
 - Add a few drops of food colouring and mix well (or split the recipe and create a few different colours), add a drop of cold water if the paint is too thick
 - Use an airtight container or sealed jar to store the paint once cooled.
- Put your paint into your small paint pots
- Set up a mark-making area or Tuff Tray on the floor
- Share your painting tools with your children and model how to use them
- Encourage your children to explore the fruit paint with all their senses, to touch, taste and smell it and to talk about it while doing so
- Comment on their play and facial expressions.

Special considerations

- *When choosing items to taste, take into consideration any allergies*
- *Be aware that some children may have never come into contact with some of the food*
- *Make sure children are constantly supervised for choking risks*
- *Ensure you have informed parents about the activities the children will be taking part in.*