



ACTIVITY 16: SELF-PORTRAIT OF ME AND MY FAVOURITE FRUITS AND VEGETABLES

Age: 8yrs and above

Materials: Paper (white chart if possible); Pencil; Drawings of “My Favourite Fruits & Vegetables” (Activity 15); Watercolours or Colour Markers (optional)

Steps:

1. Look at your drawings of your favourite fruits and vegetables from Activity 15.
2. Think about which of your favourite fruits or vegetable that you have drawn has a shape similar to your head. Which fruit or vegetable looks most like your arms and legs? Which fruit or vegetable can be used to make your body?
3. What you eat is what makes you strong! Draw your self-portrait, but, instead of drawing yourself, use your favourite fruits and vegetables to create your self-portrait.
4. Closely observe your “my favourite fruits & vegetables” drawings from Activity 15 as you draw your self-portrait.
5. As you draw, also, continuously think about which of your favourite fruits or vegetable has a shape similar to your head. Which fruit or vegetable looks most like your arms and

legs? Which fruit or vegetable can be used to make your body?

6. If you would like to draw only your head, using your favourite fruits and vegetables, you can do that also.

7. (Optional) Add colour to your “self-portrait of me and my favourite fruits & vegetables.”

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