



Modelling Exercise

How To Guide



This modelling exercise aims to enable children to:

- Become more familiar with basic fruits and vegetables, learn how they feel and smell.
- Use their hands and eyes to try to recreate a fruit or vegetable using dough.
- Think about colours and textures in natural produce.

Resources needed:

- Plain salt dough, or playdough in a range of relevant colours.
- A selection of seasonal fruits and vegetables from the month of the books. For lists of seasonal foods try: <http://www.bbcgoodfood.com/content/local/seasonal/table/> or <http://eattheseasons.co.uk/foodseasons.htm>
- Dough tools - boards, cutters, tools for creating skin textures, hand washing facilities.

How to use the resources:

- Allow the children to touch and smell the vegetables and fruits - no tasting! Help them to find a range of descriptive words for the colours, patterns and textures they experience.
- Allow children to choose a fruit or vegetable to model and to choose some dough to make their model.
- For plain salt dough, you can have a painting session separately, or colour the dough. For playdough, let the children choose and mix colours to find the closest colour.

Extension exercises for extra time or ability:

- If using salt dough, let the dough dry and have a session of painting to try to create the closest colours to nature.
- When all children have completed the activity, cut cross sections of each fruit or vegetable. Ask children to guess what it will look like inside and see how their guesses match the reality.
- Ask children to think of other fruits or vegetables which have similar colours, textures, patterns or shapes to their chosen fruit or vegetable.