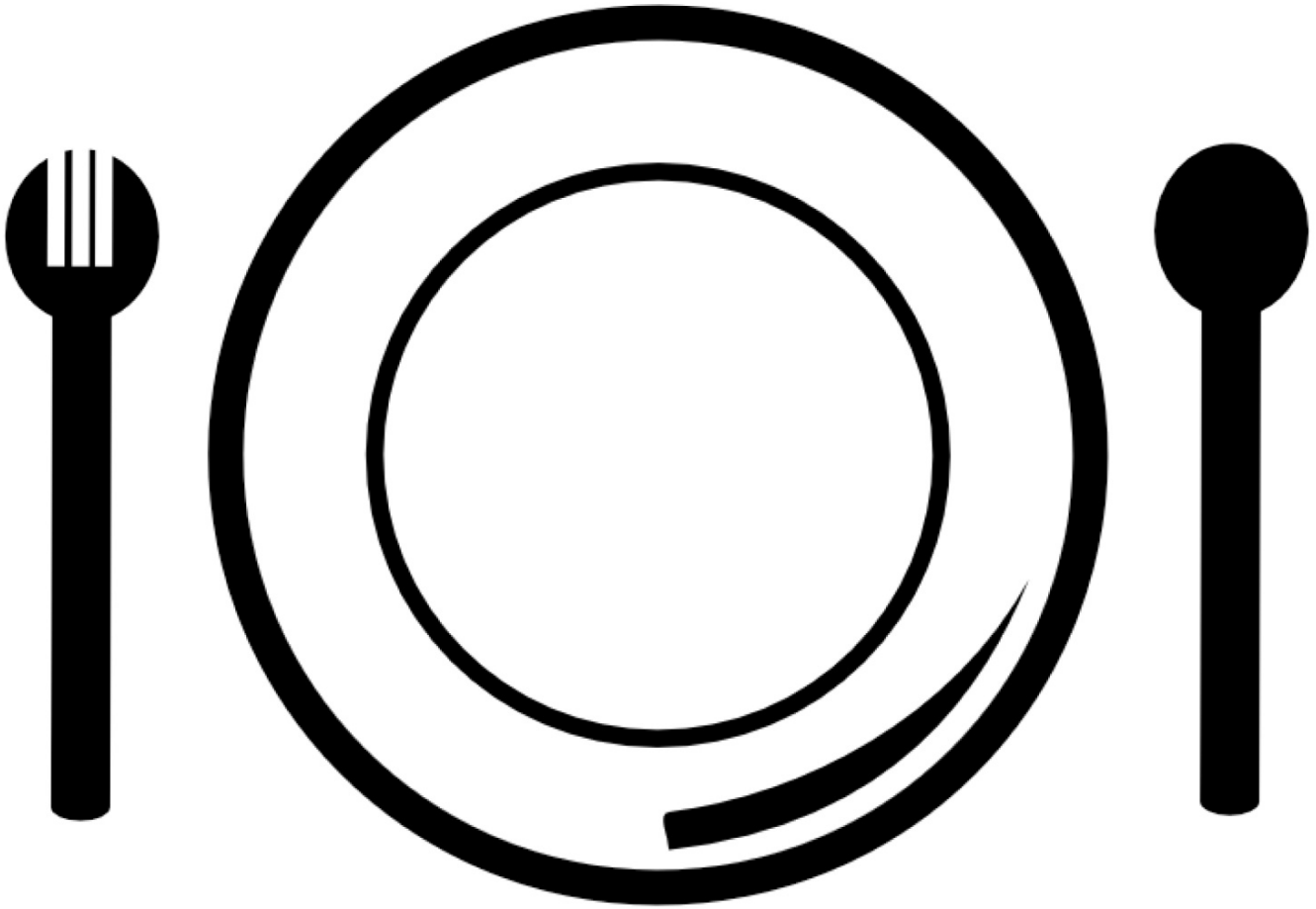


THE ART OF FOOD



FILL EACH BOX WITH A SIMPLE SHAPE. THESE ARE YOUR INGREDIENTS FOR DINNER.
NOW USE THE SHAPES OF YOUR INGREDIENTS TO CREATE A MEAL ON THE PLATE!

INGREDIENT LIST

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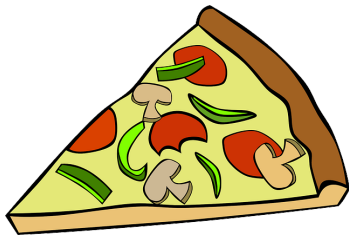


The Art of Food

Food can be art, you can find patterns and shapes in your food. Take a moment during a meal or even to inspire your next meal and draw your plate of food. All you need is a pen, paper, and a few moments of your day to allow yourself to be inspired. Art League Houston instructor, Moe Penders, leads an example video you can find on Channel 3 or by searching “Center for Performing Arts Medicine Meditative Mark Making” on YouTube or following this link: <https://youtu.be/zm5ZWjZdLw>. Feel free to search the YouTube channel or TV Channel 3 to find some music to inspire your artwork.

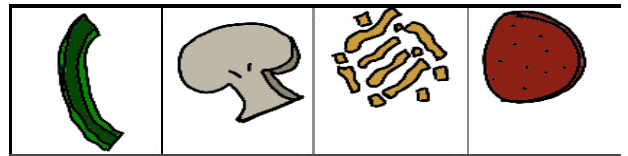
Step 1. Think about your ingredients

You can get inspired by the meal you are having or something you might be craving.



Step 2. Draw your ingredient symbols

Using a pen, pencil, or other drawing tool fill in each box in the ingredient list with a simple shape to represent the food item.



Green
Bell
Pepper

Mushroom

Cheese

Pepperoni

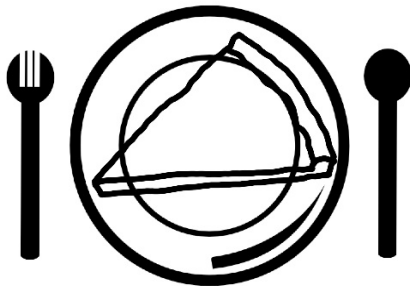
Step 3. Fill Your Plate

Starting with the base of your dish, begin to draw the food on to your plate on the opposite page.

Step 4. Complete your artwork.

Continue filling your plate until you feel your work of art is complete. Enjoy!

THE ART OF FOOD



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