

## Design your own Garden

This week on Food Dudes Fun at Home, we are learning about the importance of being healthy and well in every aspect of our lives. Eating well is so important for good health as well as many other things. Staying active, relaxing, spending time with loved ones or being outside in the fresh air are great ways to stay well. This week Food Dudes Fun at Home has a special activity for designing our very own garden.

### Guidelines:

- ✓ Pencils/Markers/Crayons
- ✓ Recycled paper or coloured tissue paper
- ✓ Glue/sellotape/blue tack/ pritt stick
- ✓ Items from the garden to make the garden come alive such as: twigs, sticks, stones, shells, petals, leaves, dried flowers, grass.
- ✓ Dried rice or pasta which can be coloured using food dye.
- ✓ Materials such as felt, or fur or different textures can be used to design flowers or make flower beds, lollipop sticks for fencing.

### Instructions:

- ✓ Print out the template provided or you can copy the outline onto an A3 or A4 sheet.
- ✓ Design your very own garden, using colours or make it 3D by adding real materials and props from the garden to make it come alive.
- ✓ Include anything you want in your garden such as: birdfeeder, a pond, fencing, benches, picnic table etc.
- ✓ Make sure to include your fruit & vegetable patch or fruit and vegetable plants. (Check out the Food Dudes grow your own page for more ideas).
- ✓ The garden can be coloured in using pencils/crayons/markers or paint or you can be more creative.
- ✓ Use your senses; use bright colours for flowers, different textures (grass, shells etc.), and smells (herbs).
- ✓ If you want, you can make the garden even bigger and each family member can choose a different component of the garden to design! Try sticking together pieces of cardboard to make a flat surface to design your garden on.
- ✓ List what type of flowers, fruits and vegetables, trees, herbs and shrubs that are in the garden on the righthand side.



Don't forget to take a photograph and share your wonderful creations on social media with the **#FoodDudesFun**



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