

Clay Cookbook – Food on my Plate

The Clay Cookbook has lots of great ideas that can be easily adapted to at home learning. Food on my Plate is one of these and is a great way to learn about healthy food or plants which can link to science and biology areas of the curriculum.

What you will need:

- Clay or salt dough
- Selection of leaves
- Rolling pin (or anything round to flatten out your clay, such as a can or bottle)

Method:

1. Collect together your leaves to imprint into your clay. These could be salad, vegetable or herb leaves to talk about healthy eating, or leaves from plants which could be collected from the garden or on a walk.
2. Take your clay or salt dough and roll it out to roughly 1cm thickness.
3. Arrange your leaves on the clay.
 - Have fun with how you do this – you could make a pattern or try to create a picture.
 - This is a good way to start talking about the shapes of the leaves and what makes each one different from others.
 - You could also draw the leaves and plan your design on paper first.
 - If you wanted to add some English into this activity, then you can also write down the names of the leaves and words to describe them.
4. When you have decided on your final design, carefully roll your rolling pin over the leaves and clay so that they are pressed in.
5. Carefully take the leaves out of the clay/salt dough to reveal the imprint. Take your time, as this can be a bit fiddly.
6. If you are working with salt dough, you can then cook your design and paint it once it is cooled.



Find the full Clay Cookbook here: https://www.tu-ilmeneu.de/fileadmin/public/ceramics/CAID_Cooking_With_Clay_Spreads.pdf