

3D Fruit and Veg

Work with Mod Roc to create life-like fruit and vegetables then extend colour mixing skills by painting them accurately.

Method

- Cover the tables with a cut open bin liner topped with newspaper – it makes clearing up easier at the end.
- Make sure hands are dry while cutting the Mod Roc as it is easier and makes less mess.
- Draw a line around the vertical equator of the fruit or vegetable with a marker pen.
- Dip the first Mod Roc strip into water, allow excess to drip off into the container for a few seconds then smooth the strip onto the fruit/veg level with the equator line.
- Add more strips in the same way making sure each overlaps the previous one. Smooth each strip as you go.
- Continue to add strips until half of the fruit/veg is covered.
- Add a second layer but this time lay the strips on at 90° to the first, again making sure they overlap and smoothing them down.
- 2 layers should be enough but if the fruit/veg is large it may be necessary to add a 3rd layer.
- Allow to dry off a bit (approximately 10 minutes) then rock the fruit/veg inside the Mod Roc until it loosens and comes out. Lay the Mod Roc piece aside to dry.
- Repeat this process on the other half of the fruit/veg.
- Cut some shorter strips of Mod Roc.
- Set the two Mod Roc halves together and lay new strips over the middle to join them together. Work along the join making sure it is all covered and smooth. It can help to have a second person hold the 2 halves while joining them.
- Set the Mod Roc fruit/veg aside for 24 hours until it is completely dry.
- Paint to match the original by careful colour mixing.
- The finished piece can be coated in PVA glue to act as a varnish and give a glossy sheen (optional).

Materials

Fruit & vegetables with waxy skins i.e. oranges, apples, peppers, bananas, pears etc.

Marker pen.

Mod Roc cut into strips approximately 2cm x 10cm.

Tepid water in a container.

Newspaper & bin liners to cover tables.

Aprons.

PVA glue (optional).



Taking it Further

Combine individual fruit/veg to create full fruit bowls or vegetable baskets. These could be used as props for drama or a school production or they could be part of a Harvest-themed display. Work on a giant scale creating the main shape with crushed newspaper and masking tape before covering with Mod Roc and painting. Make this 3D work part of a series including observational drawing and painting – make reference to artists such as Cezanne, van Gogh or the Dutch realist painters who painted still life. Produce drawings of paintings of fruit & vegetables then cut out and combine to make faces like the Italian artist Arcimboldo.

Working from Life

A whole still life can be daunting for children, so break it down into a series of separate activities that include painting, drawing and 3D. Their observational skills will improve and so will their confidence. Look at a range of still life paintings of food so that the children can explore the images, colours and themes they contain – there are a lot of hidden meanings in some of these paintings!