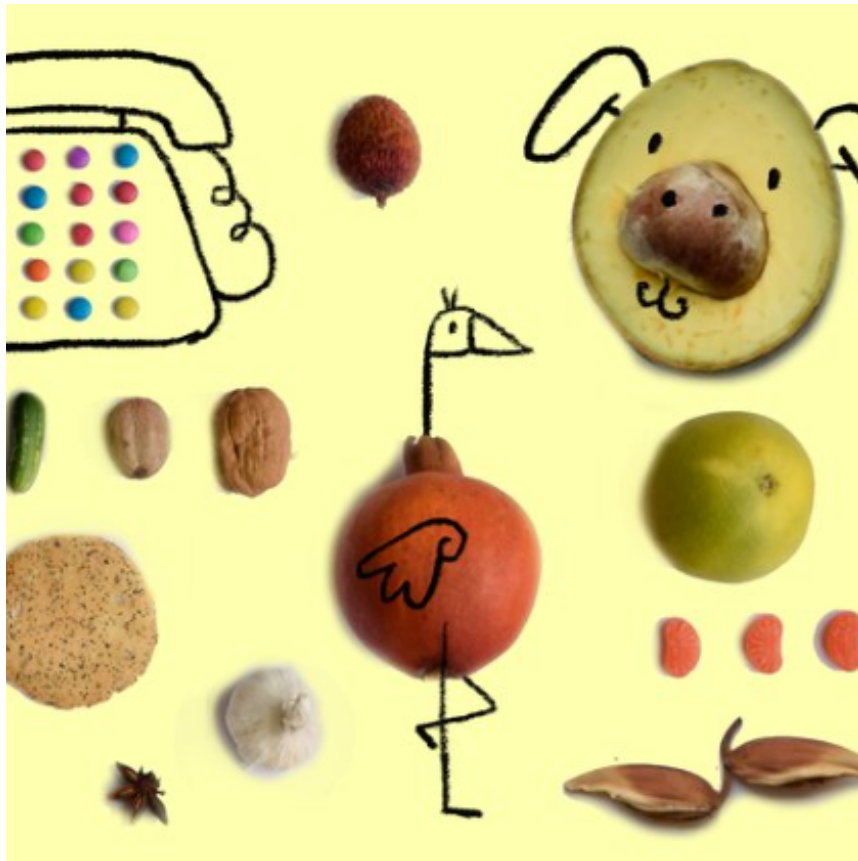


ZAMASAMA PRESENTS

A Guide for Teachers and Parents



Written by Aparna Kapur, Bijal Vachharajani

Illustrated by Adrija Ghosh, Canato Jimo, Priya Kuriyan, Sheena Deviah

THEMES

STEAM

Creativity and imagination

Food and observation

Nature-based art

LEARNING OUTCOME

Children will:

- ·Recognize artistic possibilities in ordinary food items.
- ·Practice careful observation and creative interpretation.
- ·Use food-based materials to create their own imaginative artwork.
- ·Begin to associate sustainability with creativity and respect for natural resources.

LESSON PLAN

TUsing the story’s examples of food-inspired art, children will explore how creativity and observation can transform everyday items into imaginative visuals. They will create their own “food art” while learning to appreciate the world around them.

Discussion Questions

Before Reading:

- ·What is the most interesting looking fruit or vegetable you’ve seen?
- ·Have you ever thought a food item looked like something else?

During Reading:

- ·What do the authors imagine with each food?
- ·What can make the foods look magical?

After Reading:

- ·Can you think of a food at home that could look like something else?
- ·What would you like to turn a banana peel or onion skin into?

Activities:

- Kitchen Creatures Art: Bring in real or illustrated food items. Ask children to turn them into imaginary animals or scenes using drawing or collage.
- Observation Challenge: Display various vegetables/fruits. Let students draw what they see and what they imagine.
- Food Sculpture Gallery: Using safe, non-perishable food items (or images), create a class art display.
- Rhyme It Like a Recipe: Ask children to write a short verse about their favorite food art.

RELEVANT ZAMASAMA STORIES

- [The Artist](#) – A story about finding inspiration to create art from leaves, twigs and all of nature.
- [Art is Everywhere](#) – Here, There and in Trash – Celebrating trash as a medium of art

RELEVANT SDGS

Applicable SDGs:

- SDG 12: Responsible Consumption and Production
- SDG 13: Climate Action

SDG Explanation

- SDG 12: Encourages children to value food, reduce waste, and engage with it beyond consumption.
- SDG 13: Fosters appreciation of natural materials and the idea of reuse through artistic play.

EXPECTED OUTCOMES

Children will develop the ability to observe with both their logical and imaginative minds. They will see the world—even their lunch boxes—with new eyes. The story fosters wonder, creativity, and the joy of transforming the everyday into the extraordinary.

ABOUT ZAMASAMA

Zamasama is a nonprofit platform that brings together stories from around the world to help children discover that beneath our differences—of culture, language, or belief—we share the same hopes, joys, and dreams.

Today's children are tomorrow's citizens, and the responsibility of building a more peaceful, tolerant, and empathetic world lies with them.

That's why it's vital to instill these values early—through stories that help them rise above the biases they inherit, and see diversity as a strength that unites us all.