

Kitchen Still Life Painting

Have you ever seen a painting that looks like it's a collection of things? Maybe it's a vase of flowers or a bowl of fruit on a table. Paintings like this are called still life paintings. The name comes from the fact that the objects shown in the paintings are things that are still in life. In other words, the objects depicted wouldn't be able to move on their own. Artists select specific things to include in their still lifes so that their paintings tell a story or show an idea. Paul Cézanne is a famous artist from France who is known for his still life paintings.

YOU WILL NEED

- Paper
- Pencil and eraser
- Paints, markers and/or crayons
- Fresh fruits and/or vegetables

STEPS

1. Choose 1 – 3 of your favorite fruits or veggies to start creating your own food inspired still life start.
2. Place your healthy food on a table in a group or any way you like.
 - a. It should be right in front of you so you can see them to draw or paint.
3. Set up your paper with pencil, crayons, paints, markers etc. in front of your food display.
4. Sketch the overall form loosely using your pencil, as large as possible, on the paper. Look back and forth from the object to your paper, as you translate what you see to what you are drawing.
 - a. Focus on the simple shapes you see. Does your fruit or vegetable look like a circle or oval? Are the lines you see curved or straight?
5. Zone in on the details once you have the overall pencil drawing down.
 - a. Look at the colors, textures, and shadows. Does your fruit or vegetable have bumps or is it smooth? Is the color all the same or do you see a few different colors? Draw/paint what you see and have fun with it!
6. Remember to sign and date your still life when you are done and hang it in a place of honor.

