

# What I Ate in a Day

By Tobi Meuwissen

In this resource, appropriate across all ages, participants will create drawings of the things they consume in a day. They will work in a handmade sketchbook to create a variety of outcomes inspired by playful prompts. This drawing exercise could be dipped in and out of across a day at school or home, and could supplement conversations about nutrition and healthy eating habits.

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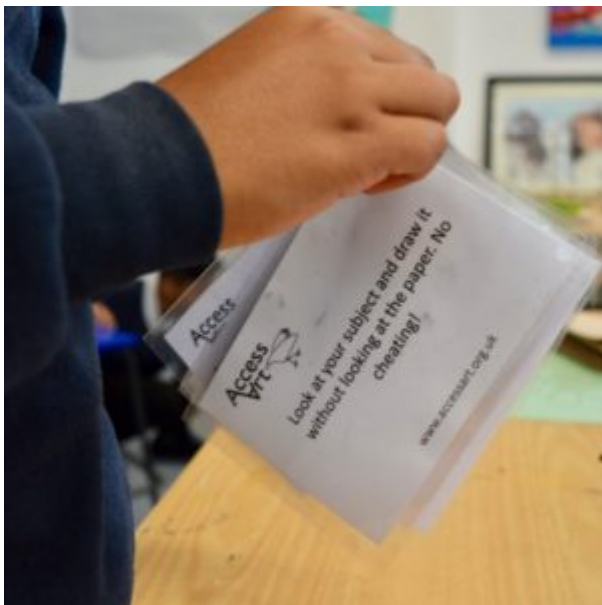
**Would you be interested in testing out this activity in your setting and sending photos of the outcomes for the website?**



If you run an art club or are looking for some inspiration for a workshop and use this activity, please send images of the outcomes to [tobi@accessart.org.uk](mailto:tobi@accessart.org.uk) to see them featured in this resource.

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