

# 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.

[Log in](#) below to access the full resource.



---

	<b>Please log in here to access full content.</b>	
Username		<input type="text"/>
Password		<input type="text"/>

	<input type="button" value="Login"/> <input checked="" type="checkbox"/> Remember me
	<a href="#">Forgot Password</a>

To access all content, I would like to join as...

**An Individual**



Creative practitioners, educators, teachers, parents, learners...

**From £3.50**

**An Organisation...**



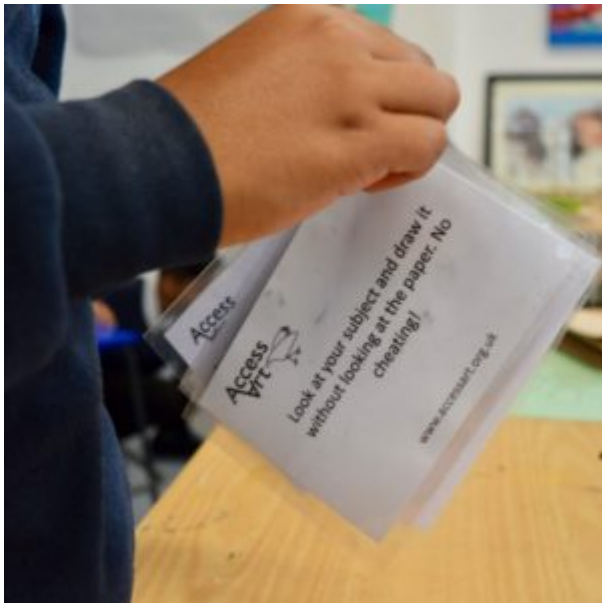
Schools, Colleges, Arts Organisations: Single and Multi-Users  
**From £42**

*AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.*

---

## You May Also Like

### Drawing Prompt Cards



## Watercolour Washes Inspired by the Tapestries of Henry Moore



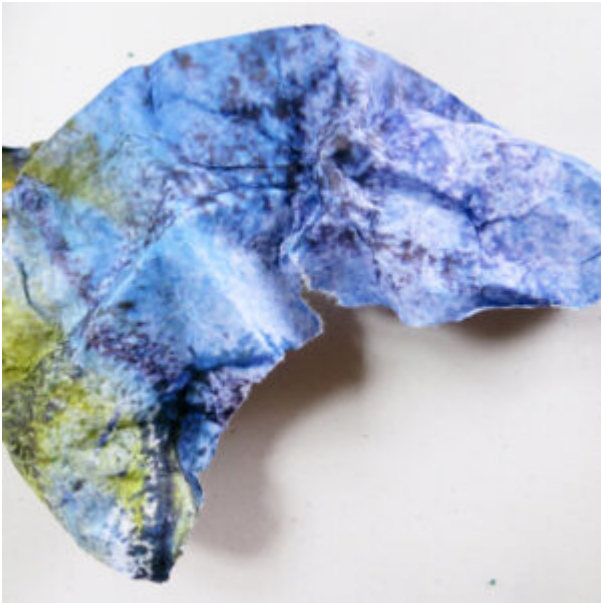
Paint Your corner Shop



# Adapting AccessArt: From 2D to 3D

## You May Also Like

Manipulating Paper: Turning 2D into 3D



## Making Prompt cards



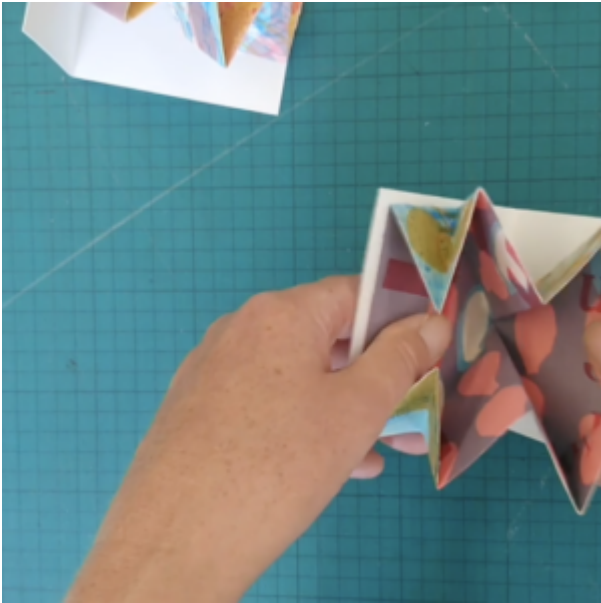
## playful making pathway



**ASTRONAUT PAPER BODY CASTS**



**Turkish map fold**



## **Adapting AccessArt: Playful Making Inspired by Nnena Kalu**



---

## **Adapting AccessArt: Pattern**

# and Colour

## You May Also Like...

Screenprinting in the classroom



## SCREENPRINTING USING OVERLAID PATTERN



**exciting colour**



**Creating Repeat Patterns With Rachel Parker**



# Illustrating a Book: The Making of Rabbit, Cactus, Accident

## What We Like About This Resource...

*“I really like how Yu-Ching’s process combines hand-drawing and painting, before moving across to digital. Combining those processes ensures that the illustrations retain a very warm, tactile look to them, but the digital element refines the imagery. We really like what Yu-Ching says about the benefits of silent books being universally understood and feel that the benefits and challenges of not using words means that the imagery has to be really clear, which encourages lots of exciting creative problem-solving.” – Tobi, AccessArt*

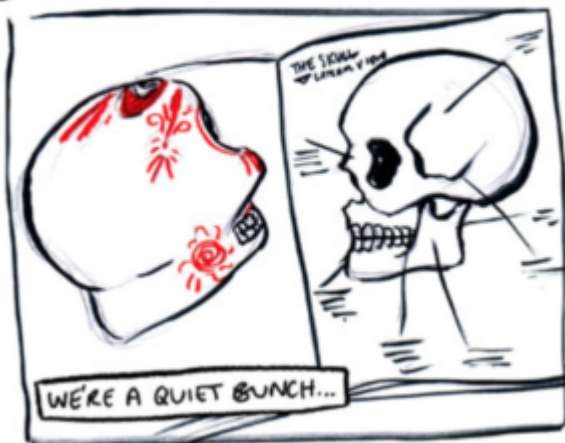
## You May Also Like...

**Creating a Storyboard and dummy book**



**Drawable: the 3 Panel Challenge**

**3.**



**Drawable: My Tiger Sketchbook**



## Illustrating The Jabberwocky



---

## Ice Worlds

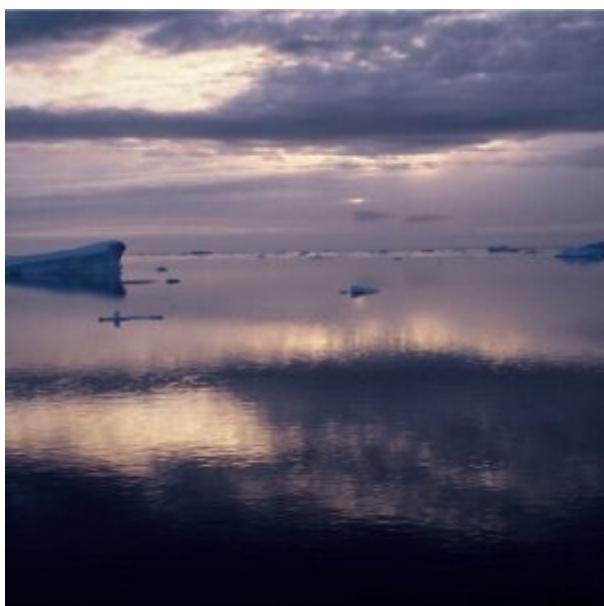
# You May Also Like...

**Pathway: Using Art To Explore Global Issues**



[This resource is featured in the 'Using Art To Explore Global Issues' pathway](#)

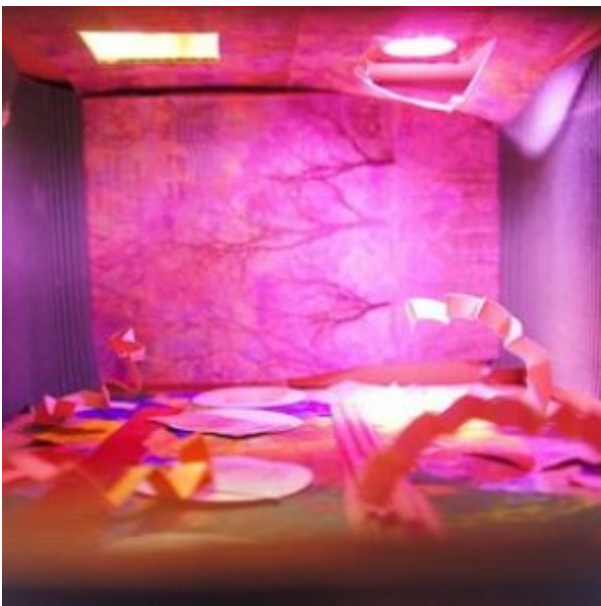
**Drawing Source material: ice**



## Talking Points: Drawn To Antarctica



## Mini world Lightboxes



---

## Sketch Your World: Drawing

# **The Details**

---

**Sketch Your World:  
Perspective**

---

**Sketch Your World: Choosing  
Subject Matter**

---

**Sketch Your World: Materials**

---

**Sketch Your World:  
Sketchbooks & Composition**

---

# Sketch Your World: The Basics

---

## Clay Pens

## You May Also Like

EYFS Curriculum



fruit pinch pot



how to clay play



---

**Adapting AccessArt: Stone Age  
Clay Play**

# See This Resource Used In Schools...





**You May Also Like**

**fruit pinch pot**



**clay pens**



how to clay play



---

**Magic Caring Box**

---

**Our Creative Community:  
Funding our Trip to YSP**

---

**Our Creative Community:  
Finding Exhibitions Near You**

---

**Our Creative Community:  
Curating an Exhibition Part  
One**

---

**Our Creative Community:  
Curating an Exhibition Part  
Two**

---

# **Our Creative Community: Tips for Organising an Exhibition Setting**

---

**Our Creative Community:  
Plates Inspired by Janine  
Burrows**