

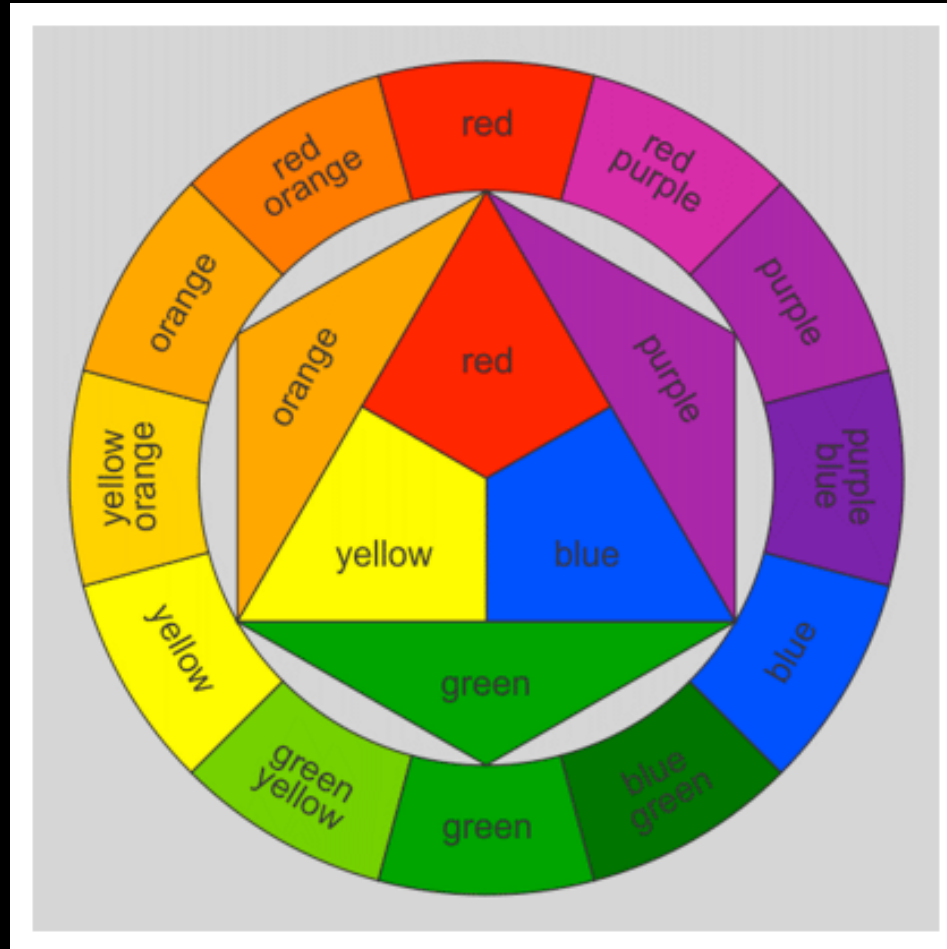
The Fruit that Ate Itself: Learning through the Process of Eating Colors

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Assistant Professor of Art Education

Teaching as collective
conceptual art practice

Learning about color



How might we understand color differently when we realize that we embody it and that we ingest it?

Assignment – “In Living Color”

This assignment is an inquiry into color through food.

Find as many foods as possible to represent: Red, Orange, Yellow, Green, Blue, Purple

Photograph the foods as you find/cook/prepare/eat them. Present photographs in a Powerpoint, PDF, video, or some other type of visual document/presentation.

You must have at least 2 natural foods to represent the following colors:

RULES:

- You may NOT take images off the Internet.
- You may not use candy, drinks, or processed food.
- Create a visually interesting document to turn in. It may be shown to the class.
- Group all of the examples of each color together in your project.
- Each color must be represented.
- Do not combine colors.
- Really do it.
- Have fun.

Results

Friday

- ▶ Green Foods
Avocados



Green Smoothie



GREEN Day 4



- Day Two: Color Orange
- :Orange
- : Sunny side up egg





In living color

Exploring color through food

Savannah Walker



Blue Monday



- Blue Cookie
- Blue mini M&M's

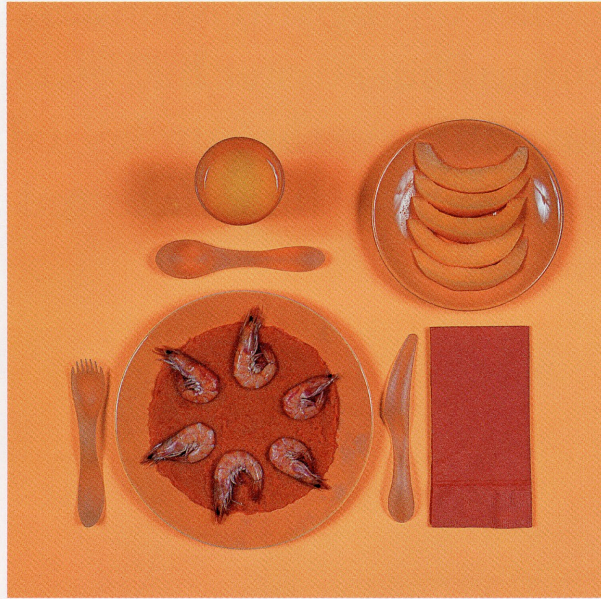


Reflections

- Challenge of finding certain colors
- Didn't want to buy or know how to cook certain things
- Candy and sodas
- Realization that they don't eat natural foods

Sophie Calle, *The Chromatic Diet*





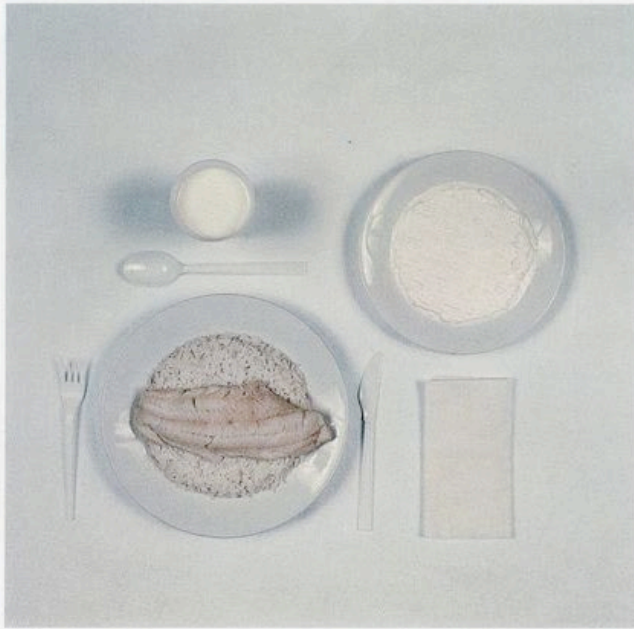
MONDAY : ORANGE

Menu imposed:

Purée of carrots
Boiled prawns
Cantaloupe melon

Paul Auster forgot to mention
drinks, so I allowed myself to complete
his menu with:

Orange juice



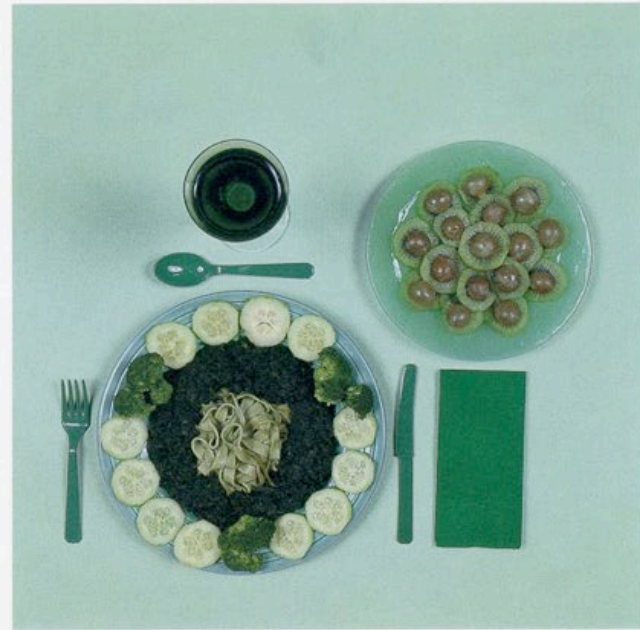
WEDNESDAY : WHITE

Menu imposed:

Flounder
Potatoes
Fromage blanc

I changed this menu, because I was not satisfied with the yellow color of the potatoes, and added:

Rice
Milk



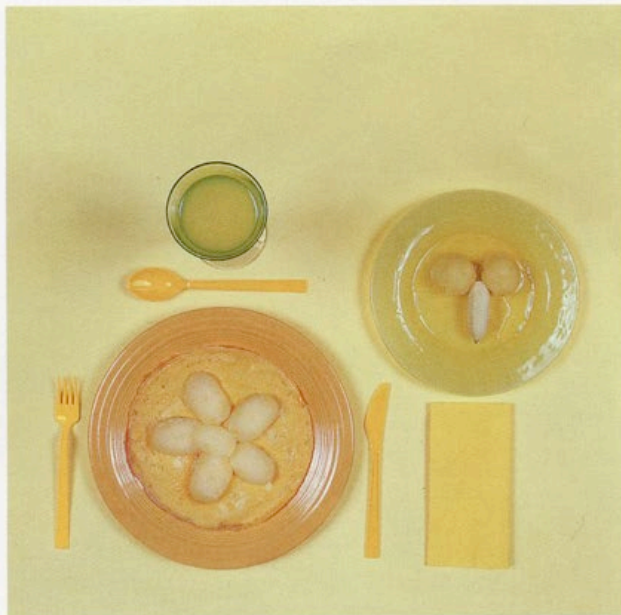
THURSDAY : GREEN

Menu imposed:

Cucumber
Broccoli
Spinach

I completed the menu with:

Green basil pasta
Grapes and kiwi fruit
Mint cordial

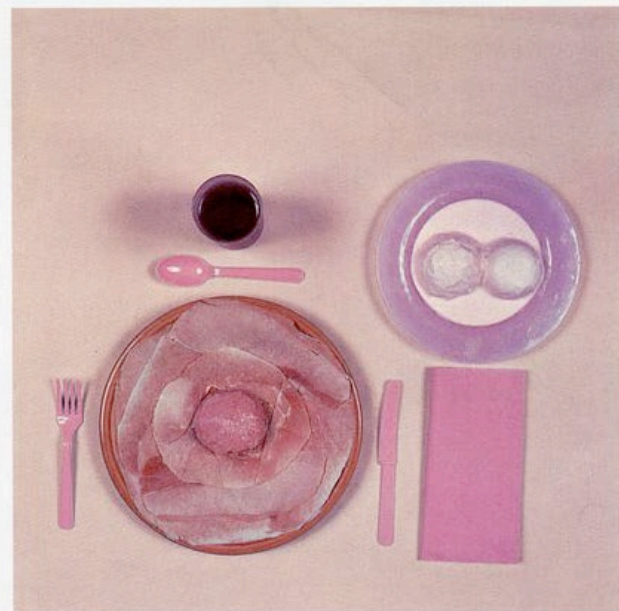


FRIDAY : YELLOW

Since no color was prescribed
for Friday, I chose yellow.

Menu:

Afghan omelette
Potato salad
"Young Girl's Dream"
(Banana, mango ice cream)
Pschitt fizzy lemon drink



SATURDAY : PINK

Since no color was prescribed
for Saturday, I chose pink.

Menu:

Ham
Taramasalata
Strawberry ice cream
Rosé wine from Provence

New Results

PURPLE: SFA

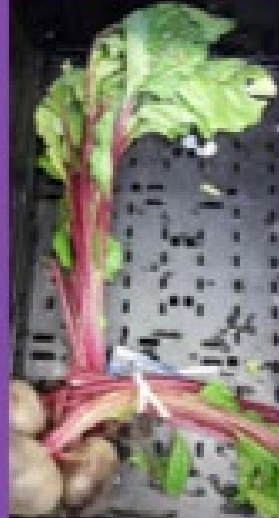
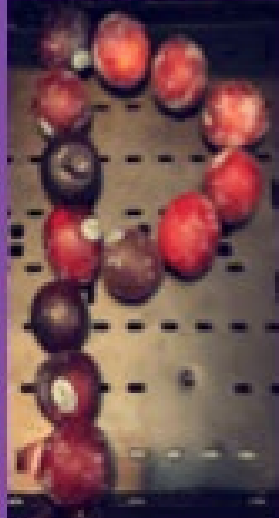
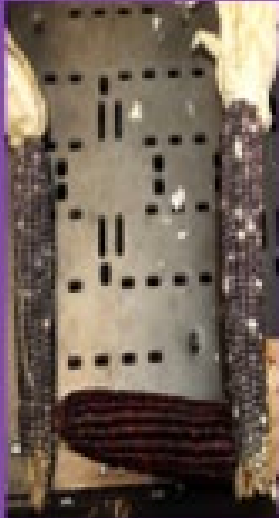
Ingredients:
onion, purple
grapes, grape
jelly, plum



Purple

- Purple cupcake
- Purple cabbage
- Eggplant





ORANGE



Carrots
&
An Orange

The Red Family



The Blueberry Orphans Playing on
Rocks of Blue Cheese Because “Blue”
Food Does Not Actually Exist



Interdisciplinary Approach

- Health Sciences
- Natural Sciences
- Agriculture
- Geography
- Economics
- Marketing

Humans – Food - Earth

Nature of Color

Industrialized Farming

Globalized Agriculture Market

Artificial colors/flavoring

How does any concept you are teaching
exist in students' everyday lives?

Apply this inquiry process to any subject.

Becoming conscious of connections between
your course and the everyday.

Suggestions

- Set up a methodology.
- Create rules.
- Designate a form to use as data to be submitted.
- Have fun.

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