



Country Kitchens Felt Food Models

HOW TO GUIDE

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Felt Food Models How to Guide

Adults in Queensland are not eating enough fruit and vegetables for good health. We should aim to eat 5 serves of vegetables and 2 serves of fruit every day.

This Country Kitchens 'crafty foodie' activity is designed to be used as an alternative health promotion strategy for those who love handcrafts. It creates a visual tool to help with understanding what a serve of fruit or vegetables looks like.

This kit contains instructions and patterns to create a range of fruit and vegetable felt models. Choose from our selection of eight different fruits and vegetables, each with varying levels of difficulty.

Fruit models:

- Banana
- Pear
- Apple
- Pineapple

Vegetable models:

- Potato
- Carrot
- Eggplant
- Beetroot



These felt food models make a great addition to a Country Kitchens showcase, or you could even incorporate them into a craft-based Hands on Nutrition Workshop in place of the group cooking portion of the session.



We love to see your crafty foodie felt models in use! Be sure to post a photo on social media and tag our Facebook page (@qcwacountrykitchens) or Instagram account (@countrykitchens).

If you have any questions or need assistance to complete your models, get in touch with the QCWA Country Kitchens team at countrykitchens@qcwa.org.au.



Banana Felt Model

Materials needed:

- Banana pattern
- Baking paper
- Pen
- Yellow felt
- Dark brown felt
- Fabric scissors
- Pins
- Embroidery needle
- Yellow embroidery thread
- Brown embroidery thread
- Polyester fill/stuffing



BEGINNER

Instructions:



1. Lay a sheet of baking paper over the banana pattern and trace each piece. Cut each piece out of the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:

- 1x 'Banana Side A' from yellow felt
- 2x 'Banana Side B' from yellow felt
- 1x 'Banana Stem' from yellow felt
- 1x 'Banana Tip' from brown felt

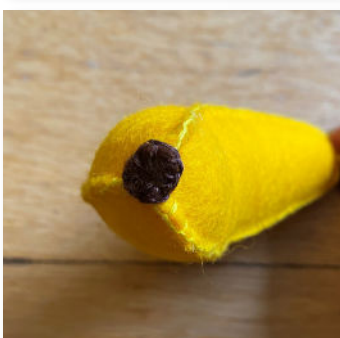


3. Sew the 'Banana Side B' pieces together along the bottom edge, using a blanket stitch and three strands of yellow embroidery thread. Leave the top open for 'Banana Side A'.

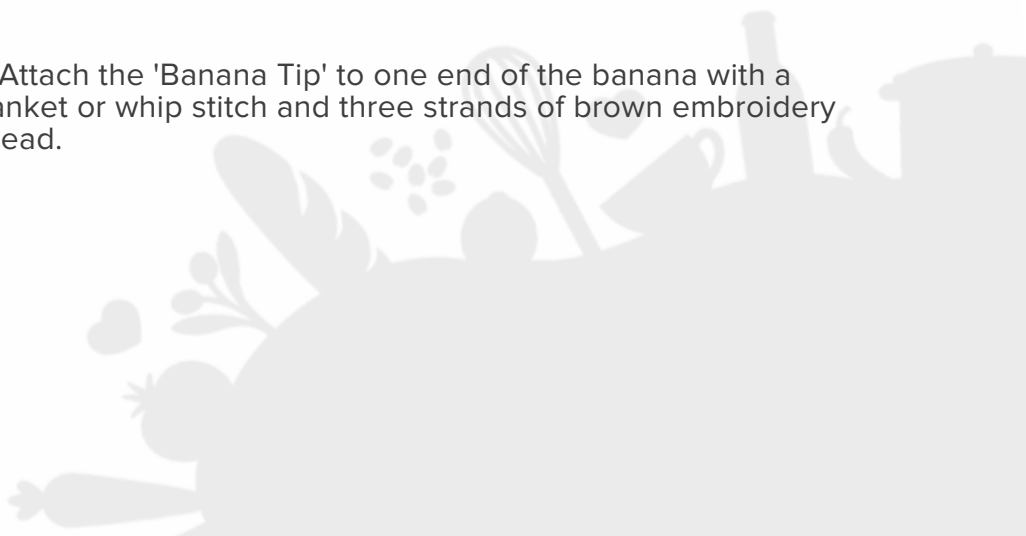


4. Attach 'Banana Side A' to the already sewn together pieces using a blanket stitch and three strands of yellow thread. Leave a small opening on one side for stuffing before closing the seam.

5. Fill the banana with stuffing, then finish closing the seam with a blanket stitch. Double knot your thread and cut.

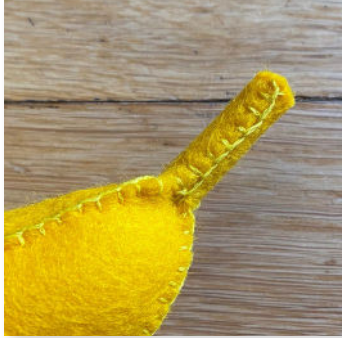


6. Attach the 'Banana Tip' to one end of the banana with a blanket or whip stitch and three strands of brown embroidery thread.





7. Roll the 'Banana Stem' felt piece and secure the edge in place with a blanket stitch and three strands of yellow thread.



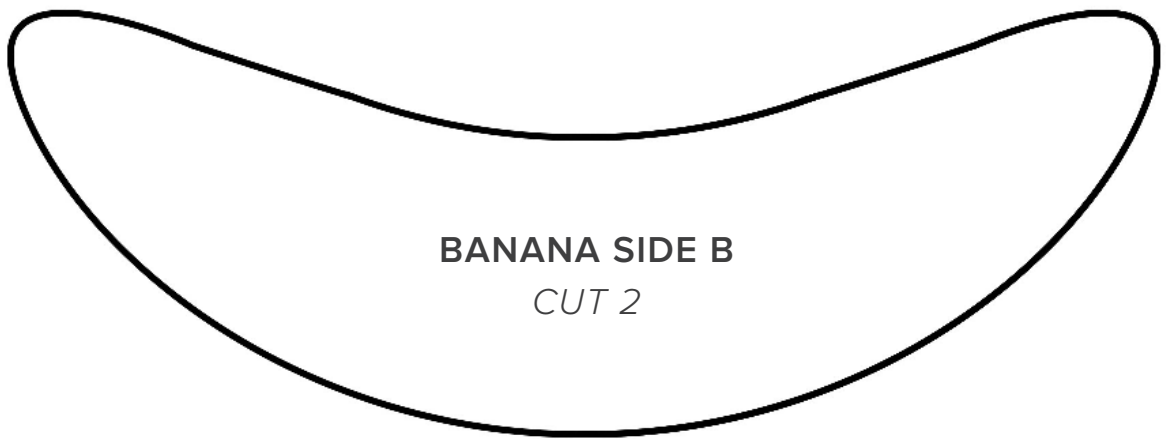
8. Attach the 'Banana Stem' to the other end of the banana with a whip stitch and three strands of yellow thread. All done!

SERVING SIZE GUIDE

- Consuming at least two serves of fruit per day is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of fruit = 150g (one piece) of medium-sized fruit eg. apple, **banana**, orange or pear



BANANA PATTERN



BANANA TIP
CUT 1



BANANA STEM
CUT 1

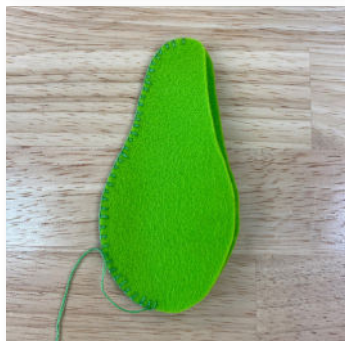
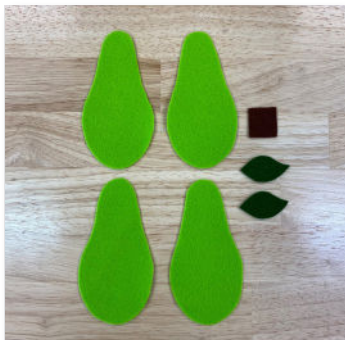


Pear Felt Model

Materials needed:

- Pear pattern
- Baking paper
- Pen
- Light green felt
- Dark green felt
- Brown felt
- Fabric scissors
- Pins
- Embroidery needle
- Green embroidery thread
- Brown embroidery thread
- Polyester fill/stuffing

Instructions:



1. Lay a sheet of baking paper over the pear pattern and trace each piece. Cut each piece out of the baking paper.
2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:
 - 4x 'Pear' from light green felt
 - 1x 'Pear Stem' from brown felt
 - 2x 'Pear Leaf' from dark green felt

3. Match two 'Pear' pieces together and sew along one side using a blanket stitch and three strands of green thread. Ensure you start your stitch in the centre of either the top or bottom of the pear and finish it in the centre on the other side.

4. Continue attaching each 'Pear' piece to create the pear shape. When attaching the last piece, leave a small opening for stuffing.

6. Fill the pear with stuffing then finish the seam with a blanket stitch and double knot.



INTERMEDIATE



7. Roll the 'Pear Stem' felt piece and secure the edge in place with a blanket stitch and three strands of brown thread.



8. Slightly overlap the two 'Pear Leaf' pieces, then secure in place with a few stitches.

9. Attach the stem to the centre of the two leaves using a whip stitch and three strands of brown thread.



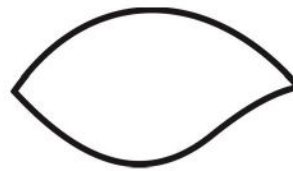
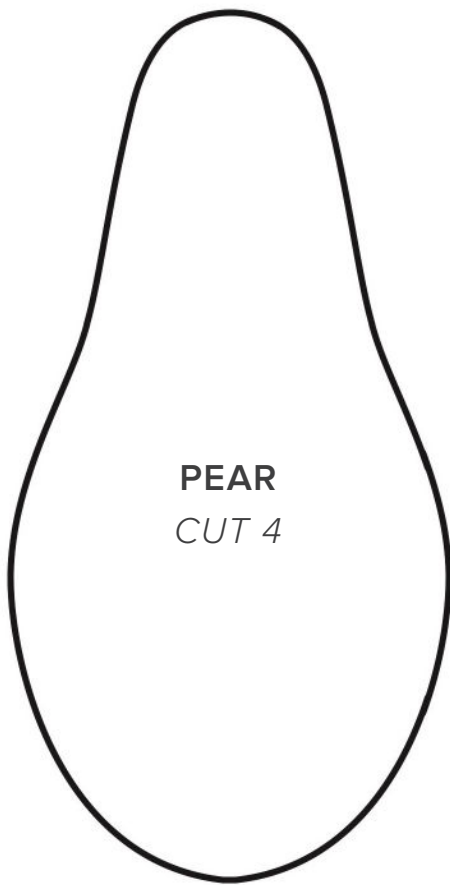
10. Attach the stem and leaves to the top of the pear using a whip stitch and three strands of brown thread. All done!

SERVING SIZE GUIDE

- Consuming at least two serves of fruit per day is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of fruit = 150g (one piece) of medium-sized fruit eg. apple, banana, orange or **pear**



PEAR PATTERN



PEAR LEAF
CUT 2



PEAR STEM
CUT 1

Apple Felt Model

Materials needed:

- Apple pattern
- Baking paper
- Pen
- Green felt
- Brown felt
- Red felt
- Fabric scissors
- Pins
- Embroidery needle
- Red embroidery thread
- Green embroidery thread
- Brown embroidery thread
- Polyester fill/stuffing

Instructions:



1. Lay a sheet of baking paper over the apple pattern and trace each piece. Cut each piece out of the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:

- 6x 'Apple' from red felt
- 1x 'Apple Leaf' from green felt
- 1x 'Apple Stem' from brown felt



3. Match two 'Apple' pieces together and sew along one side using a blanket stitch and three strands of red thread.



4. Continue attaching each 'Apple' piece to create the apple shape. When attaching the last piece, leave a small opening at the top for stuffing.



6. Fill the apple with stuffing then finish the seam with a blanket stitch and double knot.

7. Before cutting the thread, feed the needle back through the entire apple and pull taught to create a dimple. Double knot the thread and snip the excess.



INTERMEDIATE



8. Roll the 'Apple Stem' felt piece and secure the edge in place with a blanket stitch and three strands of brown thread.



9. Attach the stem to the 'Apple Leaf' using a whip stitch and three strands of brown thread.



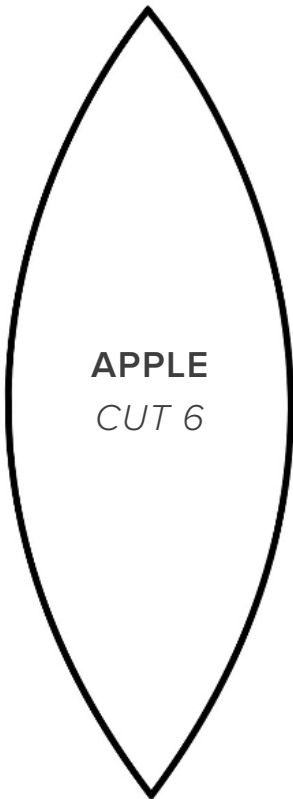
10. Attach the stem and leaf to the top of the apple (covering the knotted thread that you used to create the dimple) using a whip stitch and three strands of brown thread. All done!

SERVING SIZE GUIDE

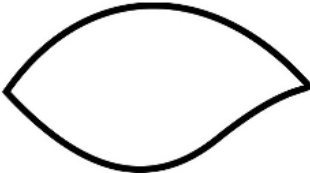
- Consuming at least two serves of fruit per day is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of fruit = 150g (one piece) of medium-sized fruit eg. **apple**, banana, orange or pear



APPLE PATTERN



APPLE LEAF
CUT 1



APPLE STEM
CUT 1

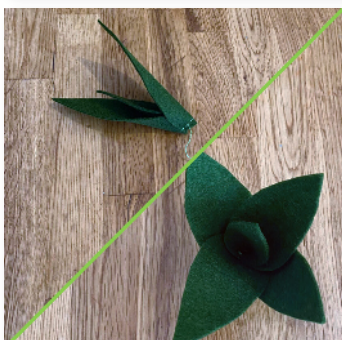
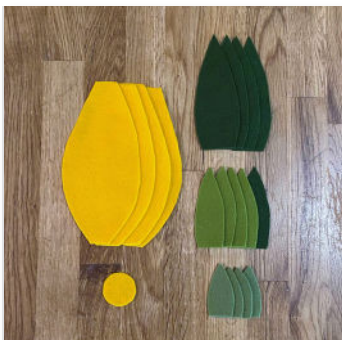


Pineapple Felt Model

Materials needed:

- Pineapple pattern
- Baking paper
- Pen
- Yellow felt
- 2-3 shades green felt
- Fabric scissors
- Pins
- Embroidery needle
- Yellow embroidery thread
- Green embroidery thread
- Brown embroidery thread
- Polyester fill/stuffing

Instructions:



1. Lay a sheet of baking paper over the pineapple pattern and trace each piece. Cut each piece out of the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:

- 4x 'Pineapple Crown A' from varying shades of green felt
- 5x 'Pineapple Crown B' from varying shades of green felt
- 4x 'Pineapple Crown C' from varying shades of green felt
- 4x 'Pineapple' from yellow felt
- 1x 'Pineapple Base' from yellow felt

3. Use the square stitching guide to mark where you will stitch crosses on the four yellow pineapple pieces. Use a pen to mark dots at each corner of the square guide. Alternate the position of the X's on the yellow skin.

4. Stitch a large X with two strands of the yellow embroidery thread, using the dots you have drawn as a guide.

5. Next, using two strands of brown thread, stitch a small + in the centre of each X. This will help to hold the yellow X in place.

6. Take one medium green leaf (Crown B) and two large green leaves (Crown A), and sandwich the smaller leaf between the two large ones. Secure in place with a few stitches.

7. Take the remaining two large green leaves (Crown C), and sew them into place around the other two large leaves.

8. Next take the remaining four medium green leaves (Crown B) and sew into place around the large leaves. You will need to overlap them slightly so that they all fit.

9. Repeat the same process with the four small green leaves (Crown C).



ADVANCED



10. Match two yellow pineapple pieces together (ensuring the sides with the stitched X's are facing outwards). Sew half way along one side using a blanket stitch and three strands of yellow thread. Leave enough thread to finish the other half of the pineapple at a later step. Repeat with the remaining two pieces of yellow felt.

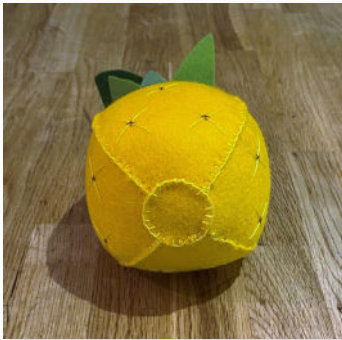


11. Attach the two halves of the pineapple together with a blanket stitch in the same way as before. We will complete sewing the bottom half of the pineapple after attaching the crown.

12. Turn the body of the pineapple inside out and place the green crown upside down inside the pineapple, matching the top of the pineapple with the bottom of the crown.

13. Secure the crown to the body using a running stitch and four strands of green thread (this stitch will not be visible once the pineapple is turned the right way round).

14. Turn the body of the pineapple the right way round and finish stitching the four sides of the pineapple all the way to the bottom.



15. Fill the pineapple with stuffing then attach the base of the pineapple with a blanket stitch and three strands of yellow thread. Finish the seam with a double knot. All done!

SERVING SIZE GUIDE

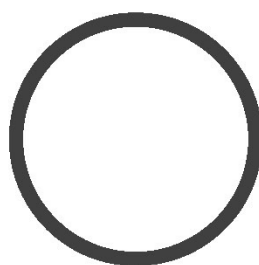
- Consuming at least two serves of fruit per day is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of fruit = 150g (one cup) of diced or canned fruit eg. **pineapple**



PINEAPPLE PATTERN



PINEAPPLE
CUT 4



PINEAPPLE BASE
CUT 1



PINEAPPLE CROWN A
CUT 4



PINEAPPLE CROWN B
CUT 5



PINEAPPLE CROWN C
CUT 4



STITCHING GUIDE
CUT 1

Potato Felt Model

Materials needed:

- Potato pattern
- Baking paper
- Pen
- Light brown felt
- Fabric scissors
- Pins
- Embroidery needle
- Light brown embroidery thread
- Polyester fill/stuffing

Instructions:



1. Lay a sheet of baking paper over the potato pattern and trace. Cut the piece out of the baking paper.

2. Use the baking paper template and pins to pin and cut the shape from felt. Cut the following pieces:

- 2x 'Potato' from light brown felt

3. Create dimples in the potato skin by sewing two stitches across using a strand of brown thread, then pulling taught and tying a knot in the back. Stitch a few of these dimples on each side of the potato.

4. Match the two pieces of potato (with the right sides facing outward) and sew together using a blanket stitch and three strands of brown thread. Leave a gap at one end.

5. Fill the potato with stuffing ensuring not to over-fill and lose the dimples. Finish the seam with a blanket stitch then double knot. All done!

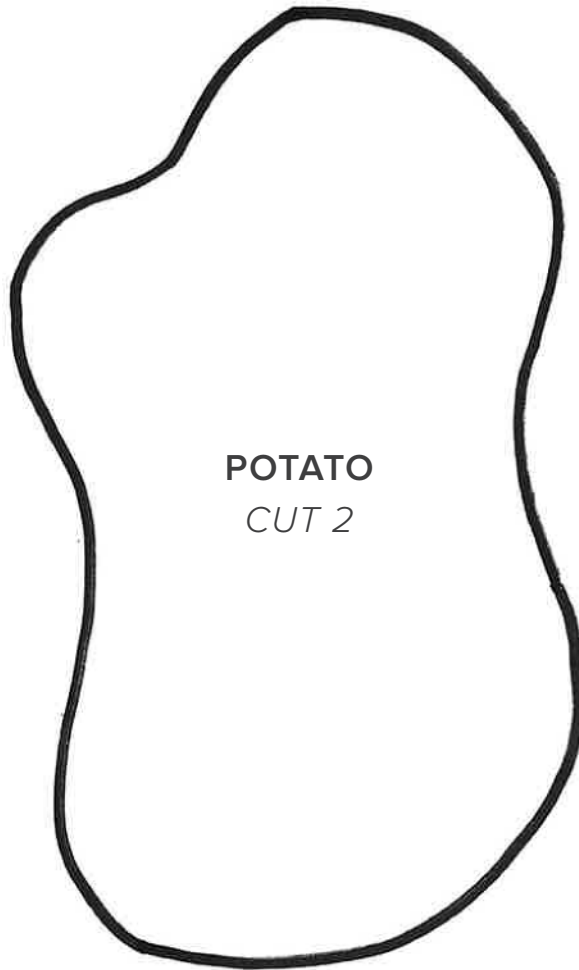


BEGINNER

SERVING SIZE GUIDE

- Consuming at least five serves of vegetables per day (75g per serve) is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of vegetables = 75g or ½ of a medium **potato**

POTATO PATTERN



POTATO
CUT 2

Carrot Felt Model

Materials needed:

- Carrot pattern
- Baking paper
- Pen
- Orange felt
- Green felt
- Fabric scissors
- Pins
- Embroidery needle
- Orange embroidery thread
- Green embroidery thread
- Polyester fill/stuffing



INTERMEDIATE

Instructions:



1. Lay a sheet of baking paper over the carrot pattern and trace each piece. Cut each piece out of the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:

- 1x 'Carrot' from orange felt
- 3x 'Carrot Leaf' from green felt



3. Stitch embellishments on the flat carrot piece using a single strand of orange thread.



4. Fold the carrot in half and blanket stitch along the edge using three strands of orange thread.



5. Stitch along the opening at the top of the carrot using a large running stitch and two strands of orange thread. Do not tie off the thread until a later step.





6. Fold the bottom straight edge of a carrot leaf in half and sew along the edge with a blanket stitch and three strands of green thread. Repeat with the other two leaves.



7. Fill the carrot with stuffing then place the stems of the three leaves into the opening at the top of the carrot.



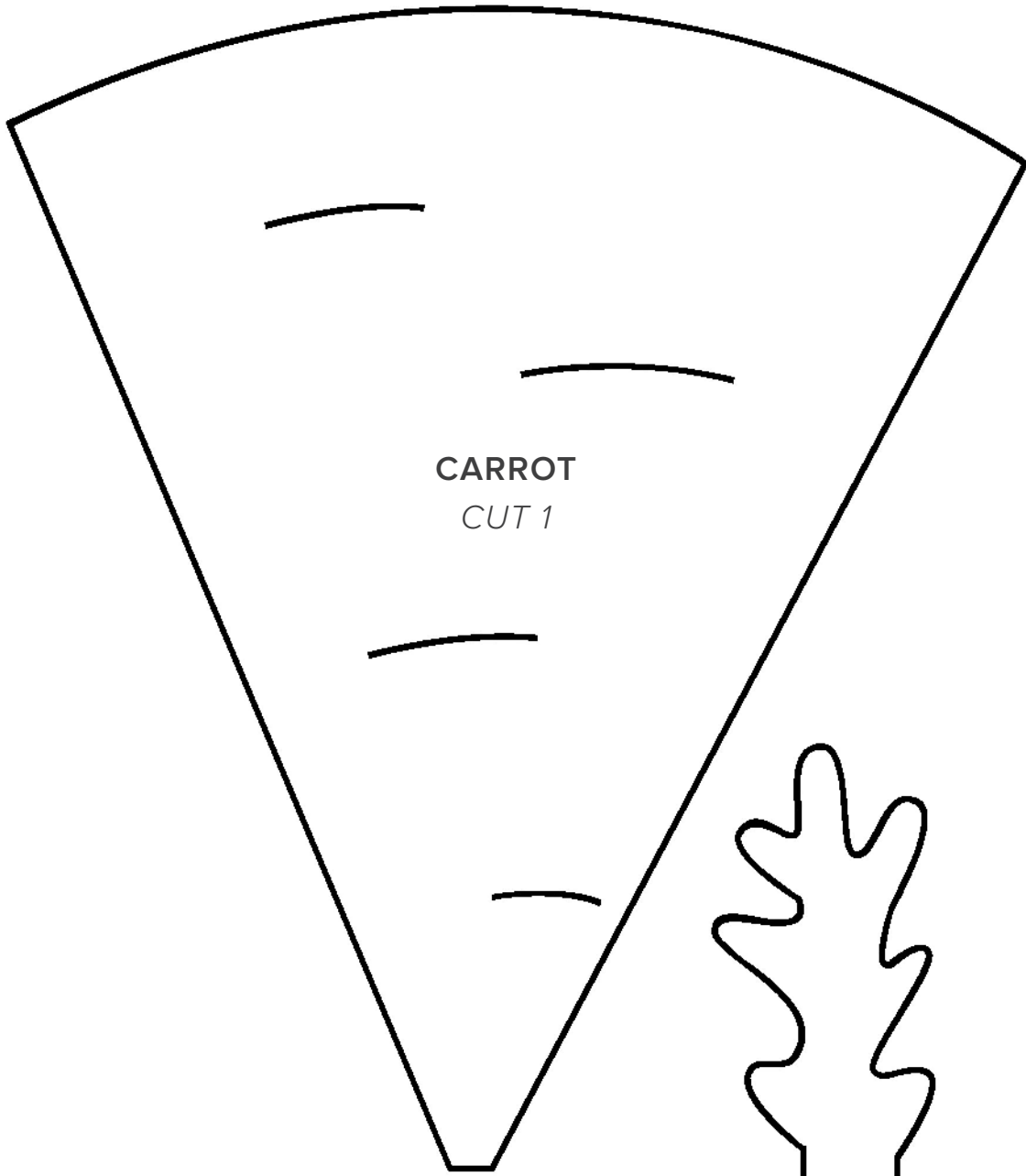
8. Pull the thread at the top of the opening taught to gather and close the seam. Tie a knot. Secure the leaves in place with a few more stitches. All done!

SERVING SIZE GUIDE

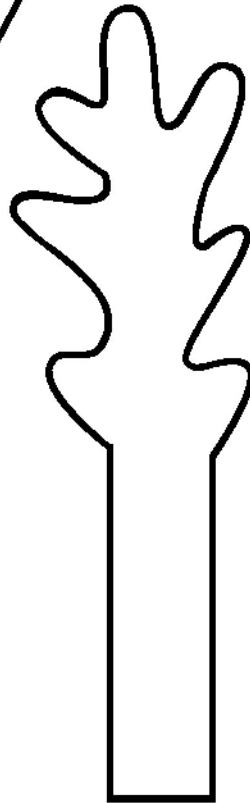
- Consuming at least five serves of vegetables per day (75g per serve) is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of vegetables = 75g (½ cup) cooked vegetables (e.g. **carrot**)



CARROT PATTERN



CARROT
CUT 1



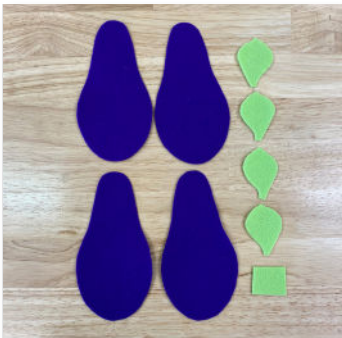
CARROT LEAF
CUT 3

Eggplant Felt Model

Materials needed:

- Eggplant pattern
- Baking paper
- Pen
- Purple felt
- Green felt
- Fabric scissors
- Pins
- Embroidery needle
- Purple embroidery thread
- Green embroidery thread
- Polyester fill/stuffing

Instructions:



1. Lay a sheet of baking paper over the eggplant pattern and trace each piece. Cut each piece out of the baking paper.
2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:

- 4x 'Eggplant' from purple felt
- 4x 'Eggplant Leaf' from green felt
- 1x "Eggplant Stem" from green felt

3. Match two 'Eggplant' pieces together and sew along one edge using a blanket stitch and three strands of purple thread. Ensure you start your stitch from the centre of either the top or the bottom of the eggplant and finish in the centre on the other side.

4. Continue attaching the other two pieces of eggplant in the same way. When attaching the last piece, leave a gap at the top for stuffing.

5. Fill the eggplant with stuffing then sew shut the opening using a blanket stitch and three strands of purple thread.

6. Match two 'Eggplant Leaf' pieces together and sew along the top half of one edge using a blanket stitch and three strands of green thread. Make sure that the point of the leaves are all curving in the same direction.

7. Continue attaching the other two leaves in the same way.



INTERMEDIATE



8. Roll the 'Eggplant Stem' felt piece and secure the edge in place with a blanket stitch and three strands of green thread.



9. Attach the stem to the leaves using a whip stitch and three strands of green thread.

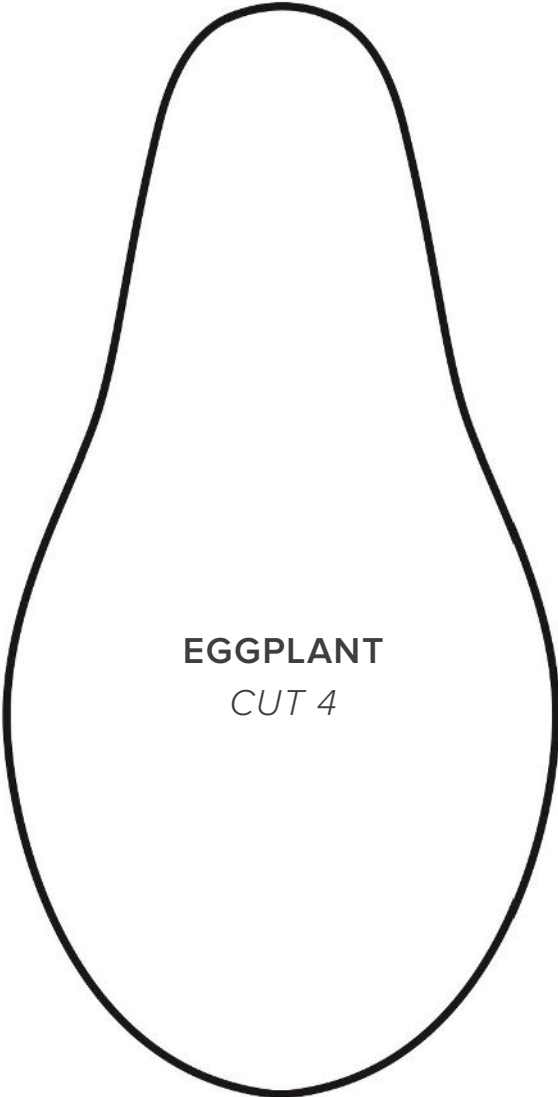
10. Line the leaves up with the body of the eggplant and secure in place with a whip stitch green thread. All done!

SERVING SIZE GUIDE

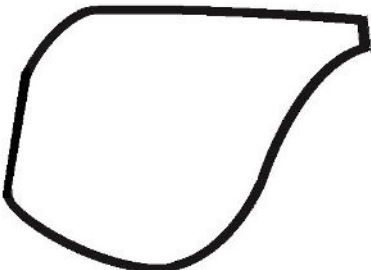
- Consuming at least five serves of vegetables per day (75g per serve) is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of vegetables = 75g (½ cup) cooked vegetables (e.g. **eggplant**)



EGGPLANT PATTERN



EGGPLANT
CUT 4



EGGPLANT LEAF
CUT 4



EGGPLANT STEM
CUT 1

Beetroot Felt Model

Materials needed:

- Beetroot pattern
- Baking paper
- Pen
- Magenta felt
- Green felt
- Fabric scissors
- Pins
- Embroidery needle
- Magenta embroidery thread
- Green embroidery thread
- Polyester fill/stuffing

Instructions:



ADVANCED



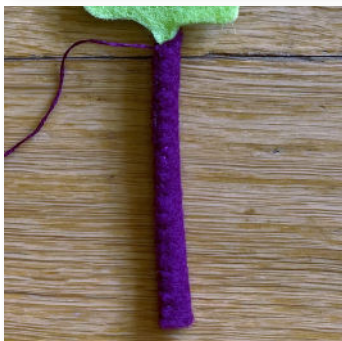
1. Lay a sheet of baking paper over the beetroot pattern and trace each piece. Cut each piece out of the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from felt. Cut the following pieces:

- 4x 'Beetroot' from magenta felt
- 3x 'Beetroot Leaf' from green felt
- 3x 'Beetroot Stem' from magenta felt



3. Line up the 'Beetroot Stem' on top of the 'Beetroot Leaf'.



4. Wrap the magenta stem around the back of the leaf and sew along the edge using a blanket stitch and three strands of magenta thread.



5. Attach the top of the stem to the leaf using a backstitch. Be careful to line up your stitches as these will be visible from the back of the green leaf and will create leaf embellishments.

6. Repeat steps 3-5 for the remaining two stems and leaves.



7. Match two 'Beetroot' pieces together and sew along one edge using a blanket stitch and three strands of magenta thread. Make sure to leave the point of the beetroot free.

8. Continue attaching the other two pieces of beetroot in the same way and stop before attaching the last side.



9. Before attaching the last side, arrange the three beetroot leaves inside the top of the beetroot. Close up the last side of the beetroot with a blanket stitch and three strands of magenta thread. Leave a small gap at the bottom for stuffing.



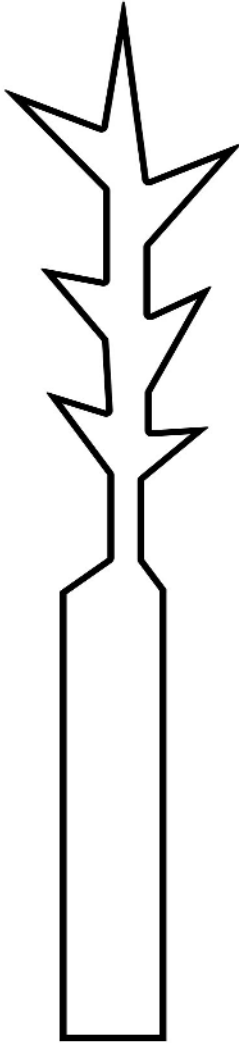
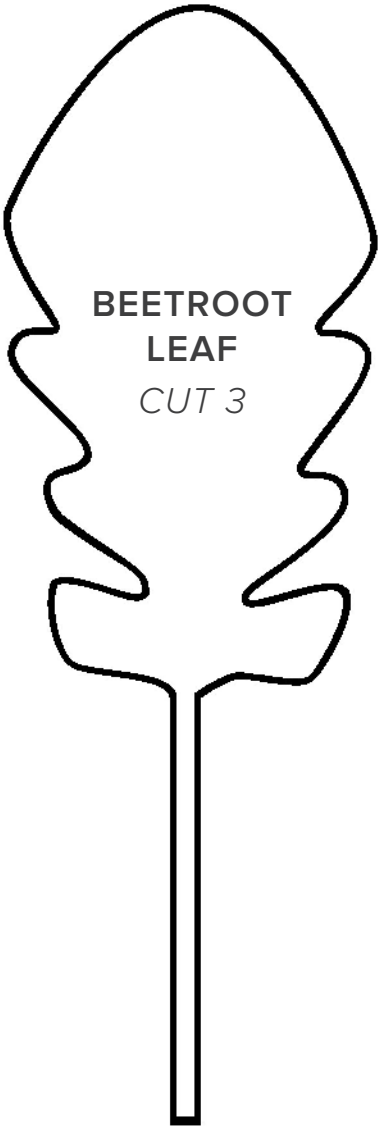
10. Fill the beetroot with stuffing then finish the seam with a blanket stitch and double knot. Secure the stems of the three leaves to the beetroot using a whip stitch. All done!

SERVING SIZE GUIDE

- Consuming at least five serves of vegetables per day (75g per serve) is recommended for adults, while amounts recommended for children and teenagers depends on their age and gender
- One serve of vegetables = 75g (½ cup) cooked vegetables (e.g. **beetroot**)



BEETROOT PATTERN



**BEETROOT
STEM**
CUT 3



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