

## Mandalas - Activity

### *What is a mandala?*

A mandala is a circular structure with radial symmetry. The design usually radiates out from the centre symmetrically. You can see mandalas in nature, in flowers, tree rings, spider webs, seeds, in sea shells and fruits, when you cut them in half.

With all of the beautiful selection of fruits and vegetables in our gardens and in the shops, let's make a mandala.



What's the difference between a fruit and a vegetable? This can be very confusing! Fruits generally have a seed inside and vegetables do not have seeds on the inside. See if you can decide if a capsicum is a fruit or a vegetable? What about pumpkin, is it a vegetable or a fruit? See if you can add more to the list below?

Fruits: starts with a flower and reproduces by making seeds

- Pears, tomato, cucumber, peas, oranges, apples, mango.

Vegetables: have roots, stems and leaves

- Carrots, celery, broccoli, lettuce, onion, spinach.

See what different patterns you can make!

