Let’s
Masak Masak!
Unfold the Recipe of Friendship and Art

Suggested Duration:
30 minutes to 1 hour
Dear Befriender,

Engaging in art-related activities provide opportunities for people from diverse backgrounds to come together, share stories and experiences, and form social connections. This Befriender's Arts Toolkit provides befriender volunteers like yourself with simple ideas for art-making activities for home visits. We've designed it to be fun and easy to use, with or without a background in art – so that you can focus on engaging the beneficiaries!

“Art is the human act of doing something that connects us to someone else.”

— Seth Godin

About the National Arts Council

The National Arts Council champions the arts in Singapore. By nurturing creative excellence and supporting broad audience engagement, our diverse and distinctive arts inspire our people, connect communities and profile Singapore internationally. We preserve our rich, cultural traditions as we cultivate accomplished artists and vibrant companies for the future. Our support for the arts is comprehensive – from grants and partnerships to industry facilitation and arts housing. The Council welcomes greater private and corporate giving to and through the arts so that together we can make the arts an integral part of everyone's lives. For more information on the Council’s mission and plans, visit www.nac.gov.sg

Find us online
www.nac.gov.sg/BAToolkit

Hashtag us
Use #BAToolkit when you share images, connect with fellow befrienders, or do anything related to our activities!
Food and Art connect people, whether it’s through discovering something new, or relating to a familiar experience. Let’s Masak Masak! is your companion to help you connect with your beneficiary through the love for local food and of course, art – clay making in particular. You’ll be guiding him/her in making a clay model of an ingredient from his/her favourite local food. Throughout the process, always remember that it’s about building rapport and having fun, and not how good the final clay model looks!

**Step 1**

**Start conversations on local food**

It’s makan time! Many of us in Singapore have something that unites us – our love for food! Start conversations with your beneficiary using the pictures of local food we’ve provided.

Smell, touch and observe the details on the ingredients/spices and chat away about your common love for eating!

**Key Materials**

You will need:

1. Pictures of local dishes and spices
2. Paper plates or cardboard
3. Spices (e.g. garlic, peppercorn seeds, star anise), packed into resealable bags
4. Clay (air-dry clay recommended)
5. Watercolour palette with brush
6. Water and container (for wetting clay or rinsing brush)
7. Shaping tools (e.g. ruler, scissors, markers, wooden satay sticks or similar)

**Make them sweeter!**

Feel free to bring shaping tools you already own!

For instructional video with step-by-step guides and tips, visit: https://artsforall.sg/resources/toolkit/befrienders-arts-toolkit.aspx

**Conversation Tip!**

Ask open-ended questions and gently probe to get the conversation going.

- **What are your favourite local dishes?**
- **Do you remember how this dish tastes like?**
- **What are the herbs and spices used to make it?**
- **Tell me more about how you prepare these dishes.**
- **Take a look at these spices. Tell me more about them! Where do you usually buy them?**

**Step 2**

**Talk about the spices used in local food**

Share your favourite food, and find out about your beneficiary’s favourite local delicacy! Show him/her the spices used to make it, and pick one to make out of clay.

Use the illustrations or actual spices as a guide to help your beneficiary along in making the clay version. Remember it is not about making it perfect but to simply try!

Refer to Spice Chart (you may view the spice chart by clicking this link). Each picture has been marked with the level of difficulty. You may make suggestions based on what you think he/she is comfortable with.

**Go on a “Food Hunt”**

Don’t limit yourself to the selection of food or spices provided! Feel free to add on your own favourite local food. Remember, it’s all about the process!
Refer to the pictures of spices for a gauge.
You may use a ruler or wire as a cutting tool.

Apply water on the clay to keep it moist,
so that it will be easier to mould. Keep the
remaining clay in a resealable air-tight
bag to prevent it from drying out.

Use the paper plate or cardboard as a base, and
guide your beneficiary in creating a clay model of
the spice he/she picked earlier.

Your hands are the best tools for shaping the clay.
You may also use shaping tools such as:
• Ruler or card to cut straight lines
• Markers or glass bottles to roll the clay flat
• Satay stick or toothpick to create lines on
the clay

Be creative and keep an eye out for
readily-available tools around the home!

Start off by creating the centre of the garlic
With a pinching motion, create 5 garlic cloves
Wrap the cloves
around the centre piece
Use a satay stick to create lifelike lines on the surface
of the garlic cloves

As you bring the activity to a close, thank your
beneficiary for helping you with the clay model.
Together, find a nice place to display the
completed work!

Once the clay model is done, leave it to dry
overnight is best) or use a hairdryer to speed
up the process. Once it is dry, you may use
watercolour paints to add colour to the work.

If your beneficiary needs a little time to
warm up, you can start on the clay model
first, and encourage him/her to help.
If he/she is still reluctant to join in
the clay-modelling process, please
do not insist.

If your beneficiary is keen, you may
consider making clay models of the other
spices, or even creating models of dishes,
for example a bowl of laksa out of clay!

Create foods for festive seasons, e.g.
oranges for Chinese New Year, ketupat for
Hari Raya Puasa, or murukku for Deepavali.

Experiment with coloured air-dry clay
instead of using watercolour paints.

Mix coloured clay to create new colours
(e.g. Mix yellow and red to make orange
clay). The clay is just a medium for you and
your beneficiary to express your creativity
– so just have fun and play with your “food”!
Thank you for being an arts volunteer! We hope the Befriender’s Arts Toolkit has provided meaningful ways to engage with your beneficiary. For more ideas, please visit www.nac.gov.sg/BAToolkit