

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: 100 Day Trail Mix

Person leading experience _____ Length of time: 15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity is a way to use food to celebrate the 100th Day of School

This food experience allows children to learn by participating in:

<input checked="" type="checkbox"/> tasting	<input checked="" type="checkbox"/> dipping/portioning	<input type="checkbox"/> pouring	<input type="checkbox"/> cutting
<input type="checkbox"/> mixing	<input checked="" type="checkbox"/> measuring	<input type="checkbox"/> cooking	
<input type="checkbox"/> other (describe)			

What other classroom activity/activities related or added to this experience?

<input checked="" type="checkbox"/> math	<input type="checkbox"/> music	<input type="checkbox"/> art	<input type="checkbox"/> film
<input type="checkbox"/> books	<input type="checkbox"/> field trip	<input type="checkbox"/> other (describe)	

Supplies needed: You will need 10 different items that the children will mix up to make a trail mix. Some ideas may include Cheerios, Chex, Kix, Raisins, Craisins, Cheez It crackers, Goldfish, etc.

Note: When picking your items, please remember to choose food items that will meet the Performance Standards for low salt, sugar & fat. Also avoid choking hazards and any allergy prone foods like nuts.

Procedure step-by-step:

1. Wash hands
2. Have children count out 10 of each of the 10 different items and add them to their bowl
3. Mix together to make their trail mix
4. Enjoy!
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity:

Evaluation:

Would you do this experiment again? _____

How would you improve this experience in the future?

Did the children meet the learning objectives? Why or why not?

Comments: