

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: American Flags

Person leading experience _____ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity is a good enhancement to go along with a theme about American symbols, Patriotism. The children will use cream cheese and fruit to make American flags

This food experience allows children to learn by participating in:

X tasting X dipping/portioning pouring X cutting
Mixing measuring cooking
Other (describe)

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

X math music X art film
books field trip X other (describe) small motor skills

Supplies needed: Graham crackers, low fat cream cheese, blueberries, strawberries, butter knives, plates

Procedure step-by-step:

1. Wash hands and be seated at the table
2. Spread cream cheese on the graham cracker
3. Use blueberries to make the blue section
4. Use sliced strawberries for the stripes
5. Enjoy!
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity:

Evaluation:

Would you do this experience again? _____

How would you improve this experience in the future?

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

Comments: