

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: The Great Apple Experiment

Person leading experience \_\_\_\_\_ Length of time: 15 mins each day for a week

Description: Reason for choosing project, in terms of children learning (behavioral goals): The purpose of this experiment is for children to observe what happens to the apples when left out of refrigerator (covered and not covered) & how they changed; Teaches food safety

This food experience allows children to learn by participating in:

tasting                      dipping/portioning              pouring                      cutting  
mixing                      measuring                      cooking

X other (describe) Observation/documentation; senses of touching and smelling

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

math                      music                      art                      film  
books                      field trip                      X other (describe) Science

Supplies needed: Apples, paper for documentation, saran wrap or baggie for covered apples

Procedure step-by-step:

1. Explain to the children that we are going to watch what happens to an apple when we don't keep it in the refrigerator and what changes happen when we cut into the apple and leave it out.
2. Divide children into groups to observe apples
3. Cut one apple and leave it uncovered out in the open; one group will observe this apple
4. Cut one apple and cover it with saran wrap to keep the air off it and another group will observe this apple
5. Students draw a picture and write a sentence about their apple
6. Students observe apple each day
7. Students record observations of changing apple
8. At end of week collect all observations for a class book
9. Discuss with children what it means for food to spoil and how the apples were different.
- 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?