

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Apples and Seeds

Person leading experience ____ _____ Length of time: 15-30 minues

Description: Reason for choosing project, in terms of children learning (behavioral goals): The purpose of this activity is to explore apples and the different foods we eat/drink that are made from apples.

This food experience allows children to learn by participating in:

X tasting dipping/portioning X pouring cutting

X mixing X measuring X cooking

other (describe)

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

X math music art film

X books field trip other (describe)

Supplies needed: Apples, Apple Juice, Applesauce (store boughten or homemade with attached optional recipe)

Procedure step-by-step:

1. Wash hands
2. Pass an apple around so children can look at it
3. Cut apple open and look at the seeds inside
4. Taste raw apples
5. Taste apple juice
6. Taste applesauce
7. Read a book about apples while children are enjoying their apples
- 8.
- 9.
- 10.

Possible enhancements to this Activity: If making own applesauce, have children help measure and pour the ingredients for the applesauce in the crock pot according to recipe directions so applesauce is done cooking and cooled in time for tasting.

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: