

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Avocados

Person leading experience \_\_\_\_\_ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals):The purpose of this activity is for the children to taste an avocado.

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring cutting  
mixing measuring cooking  
other (describe)

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

math music art film  
books field trip other (describe)

Supplies needed:

Procedure step-by-step:

1. Wash hands
2. Look at whole avocado
3. Guess what is inside (pit)
4. Look at pit and talk about other foods that have a pit inside them (Peaches, Apricot, Plum, etc)
5. Cut Avocado into pieces and pass them for children to taste
- 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: