

HEAD START FOOD EXPERIENCE

Date_____ Center_____ Food Experience Name: Bagel Snowmen

Person leading experience_____ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Create a snowman face with a variety of nutritious foods

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring X 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: 1/2 mini bagel with each child, low fat cream cheese spread, 2 broccoli flowerettes per child, string cheese, petite carrots, black olive slices, red pepper slices, plates, butter knives for children to spread cream cheese

Procedure step-by-step:

1. Wash hands and sit at table
2. Each child gets 1/2 of a mini bagel
3. Children spread cream cheese on bagel
4. Teacher: take piece of string cheese and cut it lengthwise in half and then in half again so you have 4 long pieces of string cheese
5. Bend string cheese and place over top of bagel placing a broccoli floret on each side of bagel to make ear muffs.
6. Add Black olive slices for eyes
7. Add Petit carrot for nose
8. Add red pepper pieces for mouth
9. Enjoy!
- 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: