

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Very Berry Beary

Person leading experience ____ _____ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Read Jamberry (optional) and then children will participate in a berry tasting activity (strawberries, blackberries, raspberries, and blueberries)

This food experience allows children to learn by participating in:

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

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

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

Supplies needed:

Procedure step-by-step:

1. Wash hands and sit at table
2. Read Jamberry to children (optional)
3. Pass out plates
4. Each child get to pick 1 piece of each kind of fruit and taste each one
5. Talk about the different colors, textures of the different berries
6. Try more of the berries they like
7. Graph who like which berry the most
8. What berry was the class favorite??
- 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?