

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Brussel Sprouts

Person leading experience ____ _____ Length of time: 5-10 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Explore a new food that many children may not have seen or tried before

This food experience allows children to learn by participating in:

X tasting	dipping/portioning	pouring	cutting
mixing	measuring	X 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 and sit at the table
2. Show children a brussel sprout and talk about where it comes from
3. What other kind of vegetable does it look like (cabbage)
4. Give children a chance to try a piece of a brussel sprout if they would like.
- 5.
- 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?