HEAD START FOOD EXPERIENCE

Date____ Center_ ____ Food Experience Name: Butterfly Bites

Person leading experience_____ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity is an opportunity to introduce the children to a healthy food they may not have tried before (hummus). It would be a great addition to a Butterfly or Spring theme/unit

This food experience allows children to learn by participating in:

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

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

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

Supplies needed: Hummus (store bought or homemade using attached recipe), celery sticks approximately 4 in long each, twist pretzels, raisins, almond slivers,

Procedure step-by-step:

- 1. Sanitize tables and Wash hands
- 2. Read a book that relates to this activity (optional)
- 3. Pass celery for each child to chose 3 celery sticks
- 4. Spread hummus into celery grooves
- 5. Please pair of pretzels into the hummus with the round ends up to form wings
- 6. Place raisins to make eyes of the butterfly
- 7. Place 2 almond slivers above the eyes for the antenne
- 8. Children can eat their butterflies
- 9.
- 10.

Possible enhancements to this Activity: Possible books to read to enhance this activity are "The Very Hungry Caterpillar" or any book about Butterflies. You can also use the attached recipe to make your own hummus instead of store bought to expand 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: