HEAD START FOOD EXPERIENCE

Date	Center		Food Experience Name: Carrots/Seeds			
Person leading experience			th of time:	20 minut	res	
Carrots (The Enormous Carrot or rent sizes we may see a	or The Carrot Seed) and	then give	the childre	avioral goals):Read a book about en a chance to explore a carrot and rom and plant seeds to see if we can	
This foo	d experience allows chi	ildren to learn by partic	ipating in:			
X tastin	g	dipping/portioning	pouring		cutting	
m	mixing measuring		cooking			
X other	(describe) planting					
What other classroom activity/activities related or added to this experience?						
m	nath X mus	sic	art		film	
X books	field tri	field trip		other (describe)		
	needed: Book (if availarrots to try)	lable), carrot seeds, pot	ting soil, Di	ixie cups,	carrots (whole carrot with greens,	
Procedu	re step-by-step:					
1. 2. 3. 4. 5. 6. 7. 8. 9.	Read story Wash hands and sit at Talk about carrots Try carrots Each child will get a D Add soil half full Put carrot seeds in cup Add a little more soil t	Dixie cup				

Possible enhancements to this Activity: Allow children the chance to use carrots in the art center to paint with the carrot and/or the greens of the carrot and orange paint.

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?				