

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center\_ \_\_\_\_\_ Food Experience Name: Caterpillars

Person leading experience\_\_\_\_ \_\_\_\_\_ Length of time: 15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): For this activity, the children will have the opportunity to make a caterpillar and then eat the foods. This activity would be a great enhancement to a Theme/Unit about bugs.

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring X cutting  
mixing measuring cooking

X other (describe) spreading

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

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

Supplies needed: Lettuce leaves, Whole wheat Ritz crackers, Low Fat Cream cheese, raisins, chow mein noodles, plates, dull knives for spreading

Procedure step-by-step:

1. Wash hands and sit at the table.
2. Tear up lettuce leaf and lay around on plate
3. Spread cream cheese on crackers and lay on top of lettuce slightly overlapping to form a caterpillar
4. Place 2 raisins to make eyes and chow mein for the feelers
5. Enjoy.
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: Read the Very Hungry Caterpillar before completing this activity or while the children are enjoying their snack.

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: