

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: Cauliflower Sheep

Person leading experience _____ Length of time: 30-40 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity is a great addition to a Farm unit. It gives the children the chance to be creative with their food and to try raw cauliflower which they may not have had before.

This food experience allows children to learn by participating in:

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

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

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

Supplies needed: Raw cauliflower, sliced black olives (2 each), Low fat cream cheese for the "glue", plates, spoons to spread cream cheese

Procedure step-by-step:

1. Wash hands
2. Cut and choose pieces of cauliflower for body of sheep
3. Count out 2 slices of olives for eyes
4. Use cream cheese to hold the olives on the cauliflower.
5. Each child assembles their sheep and then may eat it or try it
6. Talk about the funny shape of sheep, what we use their wool for (to make clothes/fabric)
7. Have children vote if they like or dislike the cauliflower
- 8.
- 9.
- 10.

Possible enhancements to this Activity: In addition to the above, you can also have some cooked cauliflower available for the children to try and compare how they are different; who likes the cooked compared to the raw cauliflower.

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: