

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Cheese Tasting

Person leading experience \_\_\_\_\_ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): The purpose of this activity is to give children the opportunity to try different forms of cheese and compare them.

This food experience allows children to learn by participating in:

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

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

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

Supplies needed: American Cheese, Provolone cheese, cottage cheese for tasting; bowls & utensils

Procedure step-by-step:

1. Wash Hands and be seating around the table
2. Go on a "trip" to a dairy farm
3. Talk about how we get milk and products that come from Milk - cheese, yogurt, etc
4. Pass both kinds of cheese for children to take a sample and try
5. Talk about the flavor and texture differences
6. Pass cottage cheese for children to dish out and try
7. Vote on favorite
- 8.
- 9.
- 10.

Possible enhancements to this Activity: In addition to the above, you could read a book about dairy farms, milk, or how to make cheese

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: