

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Chef Combo Helper Job

Person leading experience \_\_\_\_\_ Length of time: 3-5 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Chef Combo Helper Job is an opportunity for staff to designate a child helper to get the children involved in knowing what foods they can expect to be served on a particular day.

This food experience allows children to learn by participating in:

tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) Interaction with peers while telling the menu items for that day

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

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

Supplies needed: Chef Combo, CD, Current Menu

Procedure step-by-step:

1. Play Chef Combo song
2. Talk about what it means to eat healthy
3. Explain to children that each day/week there will be a student picked to be the Chef Combo helper
4. Demonstrate for children that when they are chosen for the Helper that they will tell their friends what foods they will be eating for lunch that day.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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: