

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Chef Combo Catering

Person leading experience ____ _____ Length of time: 1 hour during Center time

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity uses dramatic play to give children the opportunity to create nutritious, balanced meals. Children will be using their imagination and good nutritional choices.

This food experience allows children to learn by participating in:

tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe)

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

math	music	art	film
books	field trip	X other (describe)	dramatic play, healthy food choices, food safety

Supplies needed: Chef Combo Foods, paper plates, freezer bags, trays

Procedure step-by-step:

1. New Center Introduced
2. Show children food and bads with plates
3. Children helped choose food to put together to form a meal
4. Put food on plate (taped) in freezer bag.
5. Talk to children about how we have to keep food hot or keep if cold in frig/freeze so it is safe for us to eat.
6. Children can take "orders" from their friends to create a restaurant, catering or "Meals on Wheels" business
7. Talk about good food choices.
- 8.
- 9.
- 10.

Possible enhancements to this Activity:

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: