

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Chef/Cook Job

Person leading experience ____ _____ Length of time: 15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Discuss what a chef or cook does. What do they wear? How are they a community helper?

This food experience allows children to learn by participating in:

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

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

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

Supplies needed: Picture of a chef or cook, Book about a chef or baker (if available)

Procedure step-by-step:

1. Read a book about a chef or baker if available
2. Have a discussion with the class about how to recognize a chef/baker (White coat/Chef hat)
3. Who can be a chef? where do they work?
4. Talk about how we can all be healthy chefs/cooks at school or home
5. When we go to a restaurant, or eat at school who makes our food?
- 6.
- 7.
- 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?