

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Corn Muffins

Person leading experience \_\_\_\_\_ Length of time: 15 minutes + baking & cooling time

Description: Reason for choosing project, in terms of children learning (behavioral goals): Children will be able to help in making corn muffins.

This food experience allows children to learn by participating in:

X tasting                      X dipping/portioning              X pouring                      cutting

X mixing                      X measuring                      X 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: Corn muffin mix, egg, milk, Bowl, pan

Procedure step-by-step:

1. Wash hands and come to table
2. Children helpers take turns helping by following package instructions for the corn muffin mix
3. Everyone gets a chance to help stir the mixture
4. Pour into a pan & bake according to instructions
5. Once cool, cut into serving sizes to try
6. Enjoy!
- 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?