

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Curds & Whey

Person leading experience ____ _____ Length of time: 15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Children will use milk and vinegar to make curds and whey. This activity can be used along with a Spider theme/unit and/or with the Nursery Rhyme "Little Miss Muffet"

This food experience allows children to learn by participating in:

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

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

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

Supplies needed: Milk, Vinegar (3-4 Tbsp), Clear Cup

Procedure step-by-step:

1. Wash hands
2. Pour milk into a clear cup
3. Add 3-4 Tbsp of vinegar to milk
4. Stir and allow to sit until the milk separates
5. Talk about what happened to the milk
6. What is the curds? (solid) and what is the whey (liquid)
7. Allow the children to look at and smell the mixture. Does it look like or smell like milk any more?
- 8.
- 9.
- 10.

Possible enhancements to this Activity: You can enhance this activity by using different kinds of milk (skim, 1%, 2%, whole milk) and compare the differences once you add the vinegar. Then discuss the differences and what makes them produce more or less curds/whey.

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: