

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Dino Chow (this can be re-name for most any animal to fit a theme or unit)

Person leading experience _____ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): In this activity the children will be able to identify various tastes, textures, and shapes of the ingredients used to make the "chow" mix. They will have an opportunity to pour and mix the ingredients and then taste and eat the mixture

This food experience allows children to learn by participating in:

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

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

X math music art film
books field trip X other (describe) shape recognition, identify
texture, such as crunchy, hard, soft

Supplies needed: Chex, Cheerios, Kix, cereals, oyster crackers, raisins & dried cherries; large bowl for mixing ingredients, cups to allow children to dip out their chow to try

Procedure step-by-step:

1. Wash hands and sit at tables
2. Each child gets a chance to use a measuring scoop to scoop out one of the ingredients and add it to the mixing bowl
3. Allow each child a chance to stir the ingredients to mix it.
4. As children are adding ingredients to mixing bowl, talk about the different shapes & textures of the different items
5. Give each child a cup to dip into the mixing bowl and get some "chow" to try
6. Clean up.
- 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?

Comments: