

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Dr. Seuss "Pink Ink" (Strawberry Smoothies)

Person leading experience _____ Length of time: 30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will make Strawberry Smoothies to represent "Pink Ink" from the Dr. Seuss book, One Fish, Two Fish Red Fish, Blue Fish.

This food experience allows children to learn by participating in:

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

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

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

Supplies needed: Vanilla Yogurt, Strawberries, Milk, Ice, Blender, cups

1 c. frozen strawberries, 1 c. low fat milk, & 1/2 c. low fat yogurt (vanilla or strawberry) will serve 2 children for a creditable snack.

Procedure step-by-step:

1. Read Dr. Seuss' book, "One Fish, Two Fish, Red Fish, Blue Fish"
2. Wash hands and go to table
3. Have children help add ingredients to make strawberry smoothies to blender
4. Enjoy!
- 5.
- 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?

Comments: