

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Egg Salad

Person leading experience \_\_\_\_\_ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): The children will make their own egg salad. This activity will introduce many of the children to a new way to eat eggs.

This food experience allows children to learn by participating in:

X tasting                      X dipping/portioning                      pouring                      X 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                      other (describe)

Supplies needed: Boiled eggs, low fat mayo or miracle whip, bowls to mix egg salad, whole wheat bread, knives, plates

Procedure step-by-step:

1. Wash hands and sit at table
2. Crack eggs and peel.
3. Wash egg off and dry.
4. Put egg in small bowl and cut into small pieces
5. Add a small amount of may or salad dressing for children to stir up
6. Spread on bread and 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?