

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Humpty Dumpty Deviled Egg

Person leading experience _____ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Each child will make a deviled eggs to look like Humpty Dumpty.

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring X cutting

X mixing measuring X cooking

other (describe)

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

math X music X art film

X books field trip other (describe)

Supplies needed: Boiled eggs, low fat miracle whip, mustard, raisins, dried bananas, cups, spoons, plates

Procedure step-by-step:

1. Prior to activity staff will boil eggs and allow to cool. (Boil for 13-15 minutes to thoroughly cook yolk)
2. Recite Humpty Dumpty with the children
3. Wash hands
4. Each child gets an egg
5. Crack & peel the egg.
6. Cut egg in half
7. Each child will scoop egg yolk into a cup that has a little Miracle Whip & mustard in it
8. Stir together and scoop back into egg whiteh
9. Add 2 raisins eyes & 1 dried banana for the mouth
10. Enjoy!

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?