

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Eggs in a Nest

Person leading experience \_\_\_\_\_ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This is a Breakfast experience for Spring, Egg or Bird theme/unit. Use toast or English Muffin with egg cooked in the middle of it

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring cutting

X mixing measuring X cooking

other (describe)

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

math music art film

books field trip other (describe)

Supplies needed: Wheat bread or English Muffins, eggs, Nonstick spray, biscuit cutter or round cookie cutter, griddle (for adult use), plates

Procedure step-by-step:

1. Wash hands and sit at table
2. Toast English Muffin or bread
3. Cut out center of bread
4. Crack egg and scramble
5. After griddle is heated, spray with nonstick spray
6. Place bread on griddle and pour egg in middle hole
7. Allow egg to cook fully thru, turning occasionally
8. Serve to children
9. Clean up
- 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: