

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center\_ \_\_\_\_\_ Food Experience Name: Exploring Squash

Person leading experience \_\_\_\_ \_\_\_\_\_ Length of time: 45 min to an hour

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will give the opportunity to introduce children a nutritious food they may not have tried before.

This food experience allows children to learn by participating in:

X tasting dipping/portioning X pouring cutting

X mixing X measuring X 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: Spaghetti sauce, grated Parmesan cheese, olive oil, baking dish, access to oven for baking, plates

Procedure step-by-step:

1. Wash outside of Spaghetti squash and have children wash hands
2. During group introduce the squash and give children the opportunity to pass it around
3. Explain the Squash grows on a vine like a pumpkin or watermelon. (Squash is thought of as a vegetable but is actually a fruit)
4. Wash hands
5. Cut squash in half and show children the seeds inside.
6. Scrape out seeds and place facedown on baking dish and prepare to bake.
7. After squash is cooked and cooled enough to be safe for children have them return to table with washed hands
8. Give children each a chance to use fork to scrape some of the pulp out of the squash
9. Pass squash for children to take some to taste
- 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: