HEAD START FOOD EXPERIENCE

Date	Center	Food	Experience	e Name:	Fall Colors/Vegetable tasting	
Person leading experience		Leng	th of time:	20-30 n	ninutes	
-		0.1		•	havioral goals): The purpose of this vegetables to represent fall colors.	
This foo	od experience allows ch	ildren to learn by partic	ipating in:			
X tastir	ng	dipping/portioning	pouring		cutting	
n	nixing	measuring		cooking		
O	other (describe)					
What other classroom activity/activities related or added to this experience?						
X math	music		art		film	
X books	s field tri	field trip		other (describe)		
Supplies needed: Napkins, Paper plates, yellow peppers, orange carrots, red grape tomatoes, and green broccoli						
Procedu	re step-by-step:					
1.	Wash hands					
2.	Read a book about the Fall season or colorful vegetables (optional)					
3.	Pass out paper plates and napkins					
4.	Cut each type of vegetable and pass to taste					
5.						
6.	Discuss which vegetable was likes the most and which was liked the least by the classroom as a whole.					
7.	Clean up after food experience					
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: