

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center\_ \_\_\_\_\_ Food Experience Name: Foods from Many Places

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): This lesson will introduce the children to multicultural food habits. This lesson is a way to celebrate diversity among different families. Families can be encouraged to participate by requesting they send healthy family recipes/traditions that represent their traditions and/or culture

This food experience allows children to learn by participating in:

tasting                      dipping/portioning              pouring              cutting  
mixing                      measuring                      cooking

X other (describe) discussion about food traditions/cultures

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

math                      music                      art                      film

X books                      field trip                      other (describe)

Supplies needed:

Procedure step-by-step:

1. In advance of the activity, send a letter home to parents encouraging them to send healthy family favorite recipes that show their traditions or culture
2. If available, Read the book "The Ugly Vegetable" by Grace Lin
3. Have a discussion with the children about the story and foods among different cultures
4. Talk about the different recipes the children brought.
5. If appropriate, make some of the recipes to try food from different families
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: Please see included "Learning Connection" activity for enhancements to this lesson and also questions that can be asked during the discussion of The Ugly Vegetable"

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: