

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center \_\_\_\_\_ Food Experience Name: Frozen Grapes

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): This gives children an opportunity to try grapes in a new way. They can eat the frozen grapes and some refrigerated grapes and compare the differences. **NOTE: In this activity grapes need to be sliced or cut in quarters.**

This food experience allows children to learn by participating in:

<input checked="" type="checkbox"/> tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	
other (describe)			

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

<input checked="" type="checkbox"/> math	music	art	film
books	field trip	<input checked="" type="checkbox"/> other (describe)	compare contract; investigating

Supplies needed: Grapes, cut in quarters, plates

Procedure step-by-step:

1. Before activity prepare grapes by cutting and freezing.
2. Sanitize tables and wash hands
3. Pass frozen and regular grapes for children serve themselves
4. Have children try frozen grapes and regular refrigerated grapes.
5. How are they different? Do they taste the same?
6. Take a poll of which one the children like better, frozen or not frozen?
- 7.
- 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: