

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Fruit Cars

Person leading experience \_\_\_\_\_ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity is a great enhancement to a transportation unit. The children will be using fruit to make a car. During this activity we will reinforce the importance of eating healthy foods such as fruits.

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring X cutting  
mixing measuring cooking

X other (describe) fine motor skills, creativity

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

X math music art film  
books field trip other (describe)

Supplies needed: Apple slices, orange slices, uncooked spaghetti broken to the size of a toothpick, grapes cut in half.

Procedure step-by-step:

1. Wash hands and sit at tables
2. Read a book related to transportation
3. Each child will choose an orange slice or apple slice as the body of their car
4. Stick spaghetti to act as toothpicks to put the wheels on
5. Each child gets 2 grapes that are cut in half
6. Place the "wheels" on the car
7. Children can now eat their cars.
- 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: