

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Fruit and Yogurt Ice Cream Cone

Person leading experience ____ _____ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity would be a good activity to go along with the "I" letter of the week. It will give the children the opportunity to use their fine motor skills to spoon the fruit and yogurt in the cone and give them the chance to try a nutritious food in a new way.

This food experience allows children to learn by participating in:

X tasting	X dipping/portioning	pouring	cutting
mixing	X measuring	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: Flat bottomed ice cream cones, bananas, blueberries, low fat yogurt, plates, spoons.

Procedure step-by-step:

1. Wash hands and sit at table.
2. Children will each get an ice cream cone and will scoop yogurt into their cone
3. Add banana & blueberries
4. Add more yogurt on top of the fruit
5. Top with a blueberry
6. Enjoy!
7. Clean up
- 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: