HEAD START FOOD EXPERIENCE

Date____ Center_____ Food Experience Name: Garden Party

Person leading experience_____ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity can be used in conjunction with a garden theme to give children and opportunity to taste different fruits and vegetables that come from a garden in the spring/summer. (Optional addition to this activity is to have the children plant seeds as part of the activity)

This food experience allows children to learn by participating in:

X tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) Fine motor skills to plant seeds

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

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

Supplies needed: Variety of fruits and vegetables to try such as peppers, tomatoes, carrots, watermelon, canteloupe; In addition if planting seeds as part of the activity will need paper cups, potting soil, & seed packets

Procedure step-by-step:

- 1. Talk about Gardens and things we can grow in a garden to eat
- 2. Let children plant their seeds and talk about the things the seeds need to grow like sunlight & water (optional)
- 3. Wash Hands
- 4. Show children what each fruit/vegetable looks like when whole
- 5. Cut up into serving size pieces
- 6. Allow children to taste different fruits and vegetables
- 7. Talk about favorite and least favorite ones
- 8.
- 9.
- 10.

Possible enhancements to this Activity: To incorporate additional math skills, can graph the favorite/least favorite fruits and vegetables and discuss.

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: