

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Hand Washing

Person leading experience ____ _____ Length of time: 10-15 minutes then ongoing

Description: Reason for choosing project, in terms of children learning (behavioral goals):The purpose of this activity is to help children understand the importance of washing hands before and after a meal or working with food. This is a great activity for the beginning of the year to expose some children that may not practice handwashing at home and to teach children the proper way to wash their hands.

This food experience allows children to learn by participating in:

tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) handwashing

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

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

Supplies needed: Soap & papertowels

Procedure step-by-step:

1. Talk to the children about the expectation to wash hands before going to the table for each meal and why it is important.
2. If you classroom uses a "Handwashing song", teach the children the words and tune of the song
3. Have an adult model for the children the proper procedure as posted, walking the children thru each step
4. Have each child take a turn with adults there to help remind them of the steps
- 5.
- 6.
- 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?