

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center\_ \_\_\_\_\_ Food Experience Name: Hard Boiled Eggs

Person leading experience \_\_\_\_ \_\_\_\_\_ Length of time: 5 min per child

Description: Reason for choosing project, in terms of children learning (behavioral goals): Describe eggs and and talked about different ways to cook and eat eggs. Each student will get to crack, peel and try a hard boiled egg.

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring cutting  
mixing measuring cooking

X other (describe) Peeling

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

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

Supplies needed: Boiled eggs

Procedure step-by-step:

1. Wash hands
2. Children take turns cracking eggs & peeling them
3. Children get to taste what a boiled egg tastes like
4. Discuss how they like it. Do they like both parts of the egg? White part? Yolk?
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: Can use this activity for the Letter of the Week "E"

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: