

HEAD START FOOD EXPERIENCE

Date____ _ Center_ _____ Food Experience Name: Heart Healthy Foods

Person leading experience_____ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals):For this activity we will discuss healthy and unhealthy foods for our bodies and hearts. We will sort pictures of food into 2 groups, healthy & unhealthy and then we will enjoy a healthy snack.

This food experience allows children to learn by participating in:

X tasting	X dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) Charting

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

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

Supplies needed: Low fat cheese, Wheat Thin crackers, 2-3 types of fruit, low fat yogurt, paper plates

Procedure step-by-step:

1. In a large group, hold a discussion with the children about healthy foods
2. Show the children pictures of different healthy and unhealthy foods & have the children identify each
3. Have a chart to tape the foods in either the healthy or unhealthy column
4. Discuss that all foods are ok in small amounts but when we eat too much of an unhealthy food, then it becomes bad for our bodies
5. Wash hands and go to the table
6. Have children pass the snack options to try
7. Enjoy a healthy snack!
8. Clean up from activity and snack
- 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: