

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Homemade Healthy Popsicles

Person leading experience____ _____ Length of time: 1 day

Description: Reason for choosing project, in terms of children learning (behavioral goals):This activity give the children the opportunity to enjoy a healthy alternative to an ice cream treat or a high sugar popsicle. We will also use this as a chance to expose the class to the science of freezing liquids.

This food experience allows children to learn by participating in:

X tasting dipping/portioning X pouring cutting
X 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 X other (describe) Science

Supplies needed: 100% fruit juice, cut up fruit pieces, Dixie cups, and Popsicle sticks

Procedure step-by-step:

1. Wash hands and come to table
2. Write each child's name on their own Dixie cup
3. Children will put some pieces of fruit in the bottom of their cup
4. Add fruit juice to cup
5. Place in freezer until this starts to freeze enough for popsicle stick to stand up
6. Add stick to each cup.
7. Once frozen, place cups in small amount of warm water until can loosen popsicle from cup.
8. Enjoy!
- 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: