

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Kites

Person leading experience ____ _____ Length of time: 10-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Create a kite to eat

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring X cutting

mixing measuring cooking

X other (describe) spreading

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

math music X art film

books field trip other (describe)

Supplies needed: Whole wheat tortilla shells, low fat cream cheese, pretzel sticks, plates, sanitized scissors

Procedure step-by-step:

1. Prior to activity, wash, sanitize and allow time for scissors to air dry
2. Sing or read the attached "What Would You See if you were a Kite"
3. Wash Hands and sit at table
4. Give each child a tortilla soft shell that is cut in half
5. Using clean scissors, allow children to cut their tortilla shell into a kite shape
6. Using low fat cream cheese, have each child spread cream cheese on their shell
7. Place pretzel sticks in an X to make it look like a kite.
8. Enjoy and clean up
- 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: