

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Saying "Yes Please" and "No Thank You"

Person leading experience _____ Length of time: 5 minutes for intro then ongoing

Description: Reason for choosing project, in terms of children learning (behavioral goals): The purpose of this activity is to introduce the children to the proper manners when passing and selecting the foods they are choosing to put on their plate. This activity is to help encourage good table manners and is an activity for early on the school year to help establish expectations.

This food experience allows children to learn by participating in:

tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) Table manners

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

math	music	art	film
books	field trip	other (describe)	

Supplies needed: None

Procedure step-by-step:

1. Introduce the children to the idea of using "Yes, please" & "No Thank you"
2. "Yes, Please" when they would like to put a food on their plate.
3. "No Thank you" when the child is not interested in trying a food today.
- 4.
- 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?

Comments: