HEAD START FOOD EXPERIENCE

Date Center		Food Experience Name: Family Style Eating			
Person leading experience		Length of time:	ength of time: 15-20 minutes and ongoing		
•	for choosing project, in term g of the school year to help cl		•		
This food experienc	e allows children to learn by j	participating in:			
X tasting	X dipping/portioning	X pouring	X cutting		
mixing	measuring		cooking		
X other (describe) p	passing food bowls				
What other classroo	m activity/activities related or	r added to this ex	perience?		
math	music		art	film	
books	field trip		other (describe)		
Supplies needed: R	Regular meal service				
Procedure step-by-s	tep:				
 Hands in la Open milk Food starts Wait while Recite the Everyone r Ask to be e Throw awa 	Is and sit at table ap at table while waiting to be /juice s with the teacher and is then p e everyone has a chance to tak rules (see below) may eat using manners excused when finished and an ay/clear place uit while others finish their me	passed to the left te the foods they value allowable amour		I	
Possible enhanceme	ents to this Activity: Rules to	recite:			
1-2: We always che	w				
3-4: Feed on the Flo	or				
5-6: No silly tricks					
7-8: Sit up Straight					

9-10: We may begin

Evaluation:
Would you do this experience again?
How would you improve this experience in the future?
riow would you improve this experience in the rutare.
Did the children meet the learning objectives? Why or why not?