

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Making Butter

Person leading experience \_\_\_\_\_ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity can be used to open discussion with the children about different products that come from milk. These are called "Dairy" products and they are part of our "My Plate" for healthy eating choices.

This food experience allows children to learn by participating in:

<input checked="" type="checkbox"/> tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	
other (describe)			

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

<input checked="" type="checkbox"/> math	music	art	film
books	field trip	<input checked="" type="checkbox"/> other (describe) Cooperation, team work	

Supplies needed: Heavy Whipping Cream, small jars with lids,

Procedure step-by-step:

1. Sanitize tables and wash hands
2. Pour Heavy whipping cream into small jars
3. screw lid on tightly
4. Shake jar until butter forms
5. Talk about the liquid that is still left (buttermilk) and pour it off
6. Taste the butter
7. Talk with the children about how even though butter tastes good, it is a food that you don't want to use a lot or eat too much of.
8. When you use a lot of butter on your foods or with cooking, it can prevent your body from being as healthy as you can.
- 9.
- 10.

Possible enhancements to this Activity: Read a book about Dairy farms or Dairy cows

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: