

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center \_\_\_\_\_ Food Experience Name: Manners at Mealtime

Person leading experience \_\_\_\_\_ Length of time: 20-30 minutes during a meal time

Description: Reason for choosing project, in terms of children learning (behavioral goals): Introducing children to manners during meal times. Students benefit from practice and positive reinforcement

This food experience allows children to learn by participating in:

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

other (describe) Social interaction

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

math	music	art	film
books	field trip	other (describe)	

Supplies needed:

Procedure step-by-step:

1. Introduce the importance of manners during meal time
2. Ask Children some of the words we use at the table to practice manners such as please, thank you.
3. Have the children pass the food, reminding them to say please & thank you as they pass.
4. During meal time discuss other table manners such as using silverware, saying excuse me.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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: