

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: "Me" Salad

Person leading experience \_\_\_\_\_ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): After discussing body parts with the children, use foods to make a body which consisted of 1/2 peach (body), 1/2 hard boiled egg (head), low-fat shredded cheese for hair; petite carrot sticks for arms, and celery sticks for legs

This food experience allows children to learn by participating in:

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

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

|                                |                                     |  |  |
|--------------------------------|-------------------------------------|--|--|
| <input type="checkbox"/> math  | <input type="checkbox"/> music      | <input checked="" type="checkbox"/> art              | <input type="checkbox"/> film              |
| <input type="checkbox"/> books | <input type="checkbox"/> field trip | <input checked="" type="checkbox"/> other (describe) | <input type="checkbox"/> fine motor skills |

Supplies needed: Peaches halves, hard boiled eggs, low-fat shredded cheese, petite carrots, celery sticks, plates.

Procedure step-by-step:

1. Talk with the children about body parts
2. Sing the song "Head, Shoulders, Knees, & Toes"
3. Wash hands and move to the tables
4. Pass the food so the children can make a "Me" Salad
5. Have children place 1/2 a peach, cut side down, in the middle of their plate
6. Next place 1/2 a hard boiled egg above the peach for the head
7. Spoon cheese on top for the hair
8. Add carrot sticks and celery for arms and legs
9. Enjoy!
- 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: