

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Mixing Yogurt - Creating Colors

Person leading experience _____ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will allow the children to learn about mixing 2 colors to create a new color.

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring cutting

X mixing measuring cooking

other (describe)

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

math music art film

books field trip X other (describe) Science

Supplies needed: Vanilla yogurt, Food coloring

Procedure step-by-step:

1. Wash hands and sit at the table
2. Each child gets a cup of vanilla yogurt
3. Let children choose which 2 primary colors they would like to mix to create a new color
4. Mix it up and talk about the different colors created
5. Make a chart to show what colors mixed together create which new colors.
- 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: