

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: My Picnic Blanket

Person leading experience ____ _____ Length of time: 20-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Children will decorate a paper picnic blanket by cutting food out of magazines or drawing foods to place on the blanket.

This food experience allows children to learn by participating in:

| | | | |
|------------------|--------------------|---------|-----------|
| tasting | dipping/portioning | pouring | X cutting |
| mixing | measuring | | cooking |
| other (describe) | | | |

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

| | | | |
|-------|------------|------------------|------|
| math | music | X art | film |
| books | field trip | other (describe) | |

Supplies needed: Large paper decorated like a picnic blanket, magazines, scissors, glue

Procedure step-by-step:

1. Children will have an opportunity to look thru magazines and find pictures of food to cut out for their "Picnic"
2. Use scissors to cut out food items
3. Paste on the paper blanket
4. Talk about the foods at the picnic and what food groups they belong in.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: Read a book about picnics to the class

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?