

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Old Mother Hubbard-"What's in Your Cupboard?"

Person leading experience \_\_\_\_\_ Length of time: 30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): For this activity you will be using brown construction paper to make a cupboard and then the children will use magazines to cut out foods from different food groups to put into their cupboard.

This food experience allows children to learn by participating in:

tasting                      dipping/portioning              pouring      X cutting  
mixing                      measuring                      cooking

X other (describe) categorize food groups

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

math                      music                      X art                      film

X books                      field trip                      other (describe)

Supplies needed: Magazines that have food pictures in them, Brown construction paper (2 for each child), scissors, Old Mother Hubbard nursery rhyme, glue.

Procedure step-by-step:

1. Teachers: Before activity use 1 piece of construction paper per child that you cut in half the long way. This will be the doors of the cupboard when they are glued to the other piece of construction paper.
2. Read Old Mother Hubbard
3. Have each child glue the doors onto the full piece of construction paper to make a cupboard
4. Discuss different food groups and what kinds of foods are good to have in your cupboard
5. Have children use their child size scissors to cut out foods and glue them inside their cupboards
- 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: