## HEAD START FOOD EXPERIENCE

Date Center		Food Experience	e Name: Owl Snack	
Person leading experience		Length of time:	20-30 minutes	
activity to do during	Letter of the Week for "O"; food choices are healthier fo	It gives the children	rning (behavioral goals):This activity is ren the chance to construct with the for portunity to talk about healthy snacks	ood to
This food experience	allows children to learn by	participating in:		
X tasting	X dipping/portioning	pouring	cutting	
mixing	measuring		cooking	
X other (describe) sp	preading			
What other classroom	m activity/activities related of	or added to this ex	perience?	
X math	music	X art	film	
books	field trip		other (describe)	
sliced black olives (2	•	shaped slice of wh	whole wheat ritz crackers (2 for each chaite cheese for each child, smaller trian	

Procedure step-by-step:

- 1. Wash hand and sit at table
- 2. Pass plates.
- 3. Each child takes one rice cake and places on plate
- 4. Place white cheese triangle so overlaps on top of rice cake to make the talons of the owl
- 5. Place 2 Ritz ® crackers to make the eyes
- 6. Put a dab of cream cheese on crackers to place black olives on
- 7. Use smaller piece of cheese for the nose
- 8. Enjoy!
- 9. Clean up

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:				