## HEAD START FOOD EXPERIENCE

Person leading experience Length of time: 15-20 minutes  Description: Reason for choosing project, in terms of children learning (behavioral goals): The purpose of this activity is to give children the opportunity to taste different colored peppers  This food experience allows children to learn by participating in:  X tasting dipping/portioning pouring cutting mixing measuring cooking other (describe)  What other classroom activity/activities related or added to this experience?  math music art film  X books field trip X other (describe) use imagination  Supplies needed: Green, Red, Yellow, and/or Orange Peppers  Procedure step-by-step:  1. Wash hands 2. Read a book about Peppers (optional) 3. Have children close their eyes and take them on an imaginary trip to pick peppers  4. Show children whole peppers  5. Cut pepper in half and show them the seeds inside  6. Cut peppers and allow children to taste them  7. Talk about difference in taste with the different colors (red/yellow peppers sweeter than green)  8. 9.	Date	Center	Foo	d Experience	e Name: Peppers		
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Possible enhancements to this Activity:

Evaluation:
Would you do this experience again?
How would you improve this experience in the future?
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Did the children meet the learning objectives? Why or why not?