

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Pineapple - Fresh vs. Canned

Person leading experience _____ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will give the class an opportunity to explore a fresh fruit and see how a fruit appears before it is prepared and canned.

This food experience allows children to learn by participating in:

<input checked="" type="checkbox"/> tasting	<input checked="" type="checkbox"/> dipping/portioning	<input type="checkbox"/> pouring	<input type="checkbox"/> cutting
<input type="checkbox"/> mixing	<input type="checkbox"/> measuring	<input type="checkbox"/> cooking	
<input type="checkbox"/> other (describe)			

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

<input type="checkbox"/> math	<input type="checkbox"/> music	<input type="checkbox"/> art	<input type="checkbox"/> film
<input type="checkbox"/> books	<input type="checkbox"/> field trip	<input checked="" type="checkbox"/> other (describe) Exploration	

Supplies needed: Fresh pineapple, Canned pineapple in juice, plates, sharp knife for teachers use

Procedure step-by-step:

1. Wash hands and sit at table
2. Wash outside of pineapple and dry; explain to children the importance of washing their fruit before eating it, even if we aren't eating the outside of the fruit
3. Show children fresh pineapple and allow them the chance to smell it and feel the texture of the outside of the fruit
4. Teacher: Cut fresh pineapple
5. Allow children to taste the fresh versus canned pineapple and compare if they taste different
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: Tips on cutting pineapple: Cut off top and bottom of Pineapple; Resting it on the bottom cut surface, cut from top to bottom to remove rind and work your way around pineapple until all rind has been removed. Quarter pineapple and then you can easily cut core from each section without removing too much of the fruit with the core.

In addition to the above food experiment, you can save the top of the pineapple with the leaves and plant them to grow a pineapple plant. (See attached instructions)

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?