

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Porridge

Person leading experience _____ Length of time: 20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This food experience gives the children a chance to taste "porridge" after reading "Goldilocks and the 3 Bears" story

This food experience allows children to learn by participating in:

X tasting X dipping/portioning X pouring cutting

X mixing measuring cooking

other (describe)

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

math music art film

X books field trip other (describe)

Supplies needed: Cream of Wheat packets, Honey Teddy Graham crackers, method to heat water

Procedure step-by-step:

1. Wash hands and sit at table
2. Read story
3. Each child will get their own bowl with a packet of Cream of Wheat
4. Adult will heat water and pour into children's bowls
5. Children will stir their "porridge" to mix up
6. Children can dip Honey Teddy Grahams if want to
7. Discuss the story while the children try their porridge
- 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?