

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Pouring Pasta - Learning to pour from a pitcher

Person leading experience _____ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Many children have never had the chance to practice pouring their own drinks before. This activity gives children that chance to practice pouring from a pitcher using dry pasta instead of a fluid liquid.

This food experience allows children to learn by participating in:

tasting dipping/portioning X pouring cutting
mixing X measuring cooking
other (describe)

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

math music art film
books field trip other (describe)

Supplies needed: Dry pasta, beans or any small items to put in the pitchers that can be poured, pitchers, cups

Procedure step-by-step:

1. Children will take turns using a pitcher to practice pouring
2. This will give the children a feel for how far to tip the pitcher to pour
- 3.
4. This activity can also progress to pouring water over a wash tub or sensory table after they have poured the pasta or dry ingredients.
- 5.
- 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?