

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Pumpkin Pudding

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): Make pumpkin pudding with a partner; This would be a good enhancement to a Fall Theme/Unit or for the letter "P".

This food experience allows children to learn by participating in:

X tasting dipping/portioning X pouring cutting

X mixing measuring cooking

other (describe)

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

X math music art film

books field trip X other (describe) Working together

Supplies needed: Sugar free pudding, canned pumpkin, milk, jar for every 2 children

Procedure step-by-step:

1. Wash Hands and be seated at the table.
2. Get a partner and get one jar per pair
3. 1st child pours in 1 cup of milk into jar
4. 2nd child adds 1/2 package of vanilla pudding
5. Take turns shaking
6. Add 1 spoonful of pumpkin
7. Take turns shaking until the pudding turns orange
8. Refrigerate
9. Enjoy!
- 10.

Possible enhancements to this Activity: Read a book about pumpkins or the pumpkin patch as an enhancement 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?