

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Pumpkin Seeds

Person leading experience ____ _____ Length of time: 15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will give the children the opportunity to explore the inside of a pumpkin. The children will have the chance to count out a number of pumpkin seeds to wash and put in a baggie to take home with a recipe to make roasted pumpkin seeds to help encourage parent participation.

This food experience allows children to learn by participating in:

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

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

X math music art film
X books field trip X other (describe)

Supplies needed: Pumpkin, zip lock baggies, Copies of recipe for roasted pumpkin seeds to send home

Procedure step-by-step:

1. Read a book about pumpkins to the class
2. Wash the outside of the pumpkin
3. Wash hands and sit at table
4. Talk to children about what they think you will find inside once you cut the pumpkin open
5. Cut pumpkin in half & give children the chance to feel the pulp of the pumpkin
6. Clean out the seeds, wash & dry them
7. Allow each child the chance to pick a number of pumpkin seeds to put in their own baggie
8. Explain to the children that pumpkin seeds can be roasted and eaten & that you are going to send a recipe home with them so they can try them with their family
9. Staple recipe to baggie of pumpkin seeds and send home at the end of class
10. Have a follow up discussion in a few days to see if anyone tried the pumpkin seeds at home.

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?