

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: Purple Foods

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will have children name foods that are purple in color. The children will have the opportunity to taste different foods and graph their favorites.

This food experience allows children to learn by participating in:

X 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
books	field trip	other (describe)	

Supplies needed: Grapes (quartered), plums, cabbage, raisins, plates

Procedure step-by-step:

1. Wash hands and sit at table
2. Show each food and talk about if it is a fruit or a vegetable
3. Each child has a chance to taste each food
4. Make a graph showing the number of children that liked each food item.
5. Talk about what foods had the MOST and LEAST votes to allow children chance to compare and contrast.
- 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?