

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: "Quilt Making" with Cereal

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): Pattern with different kinds of cereal to make a quilt.

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 X art film
books field trip X other (describe) patterning

Supplies needed: 3 different types of square or rectangular cereals (remember to use low sugar cereals such as Chex, Life, Mini wheats, etc) Graham cracker, low fat strawberry cream cheese

Procedure step-by-step:

1. Wash hands and sit at table
2. Each child takes a scoop of 3 different kinds of cereal & a graham cracker square
3. Spread cream cheese on the graham cracker to help hold the cereal in place
4. Each child creates his/her own pattern using the cereal.
5. Enjoy!
6. Draw a picture of what your quilt looked like
- 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?