

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: Rainbow Colors

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will use 2 common kitchen ingredients, vinegar & baking soda and will explore how they react when used together.

This food experience allows children to learn by participating in:

tasting X 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) Science

Supplies needed: Baking Soda Vinegar, Food Coloring, cookie sheet or tray, cups, dropper

Procedure step-by-step:

1. Discuss with the children the uses of vinegar (pickles, coloring eggs) and baking soda (cookies, cakes, bars to make them light and fluffy) in the kitchen
2. Explain that sometimes when you mix different ingredients they react.
3. Predict: "What do you think will happen when we mix the vinegar & baking soda?"
4. Pour 2 Tablespoons of vinegar cup (1 cup for each color), add 2-3 drops of food coloring and mix
5. Cover cookie sheet or tray with a layer of baking powder
6. Using a dropper, add drops of vinegar mixture to the baking soda.
7. Watch how the soda expands with the color
8. Use many colors to make a rainbow of color designs
- 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?