HEAD START FOOD EXPERIENCE

Date	Center	Food Experier	Food Experience Name: Seeds we can eat		
Person leading experience		Length of time	: 15 minutes		
-		ng project, in terms of children le kinds of seeds we can eat and one	•	al goals): Distribute sunflower	
This fo	od experience allows ch	ildren to learn by participating in			
X tasting dipping		dipping/portioning X pouring	oning X pouring cutting		
1	mixing	measuring	cooking		
(other (describe)				
What o	ther classroom activity/a	activities related or added to this	experience?		
math		music	art	film	
ł	books	field trip	other (describe	e)	
Supplie	es needed: Sunflower se	eeds			
Procedi	ure step-by-step:				
1.	Wash hands and sit at table				
2.	Have each child dish a few seeds on a plate or napkin				
3.	Everyone that wants to can try the seeds				
4.	Discuss why they do or don't like them				
5.	Discuss what other seeds we can eat and some seeds we don't eat				
6.					
7.					
8.					
9.					
10.					

Possible enhancements to this Activity: If possible, have examples of other "seeds" for the children to look at such as apple seeds, watermelon seeds, peach pit, pumpkin seeds, etc. and have them children categorize them.

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?	