

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center\_ \_\_\_\_\_ Food Experience Name: Snap Peas

Person leading experience \_\_\_\_ \_\_\_\_\_ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Introduce a new food to the children and let them break open the snap peas. The children will be able to use multiple sense when experiencing this food

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?

math	music	art	film
books	field trip	other (describe)	

Supplies needed: Snap peas

Procedure step-by-step:

1. Wash hands and go to the table
2. Discuss where snap peas come from
3. What is inside the Pod?
4. Give the children some snap peas and show them how to pop them open
5. Listen for the "snap" sound.
6. Taste them
7. Vote on if they liked snap peas or not.
- 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?