

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Sorting Fruits & Vegetables

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): For this activity, the children will sort pictures by "Fruit" and "Vegetable." As the children sort the food, talk about where they grow.

This food experience allows children to learn by participating in:

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                      other (describe)

Supplies needed: Pictures of a variety of fruits and vegetables, a bag, Chart with words "Fruit" & "Vegetable"

Procedure step-by-step:

1. Talk about fruits and vegetables
2. Each child picks a picture from the bag
3. Tell what food they picked
4. Is it a fruit or vegetable?
5. Where does it grow? (garden, tree, other)
6. Child placed picture on the chart in the correct column
7. Everyone counts and compares
- 8.
- 9.
- 10.
- 11.
- 12.

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?