

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Spring Sunshine Smoothie

Person leading experience _____ Length of time: 20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This food experience will give the children the chance to try fruits in a new way as a smoothie

This food experience allows children to learn by participating in:

X tasting dipping/portioning X pouring X cutting

X mixing X 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: Orange Juice, fresh strawberries, banana, milk, blender, cups

Procedure step-by-step:

1. Wash hands and sit at table
2. Make orange juice (if not purchased by the gallon)
3. Cut up strawberries (make sure they have been washed in advance)
4. Put 1 c. strawberries in blender
5. Add 1 banana
6. Add 1 c. milk & 1 c. orange juice
7. Blend until smooth and serve
- 8.
9. This will make about 8 (1/2 c.) servings so you can plan accordingly for your class size.
- 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?