

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Sunshine Fruit Dip

Person leading experience \_\_\_\_\_ Length of time: 20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Children love to dip things. This activity will give them a new way to try eating fruit by dipping it in fruit dip that they helped make.

This food experience allows children to learn by participating in:

X tasting                      X dipping/portioning                      pouring                      cutting  
X mixing                      X 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) fine motor skills

Supplies needed: 2 c. Lowfat vanilla yogurt, 3 Tbsp frozen orange juice concentrate (defrosted), 1/4 c. cinnamon; various pieces of fruit such as pineapple, apple, banana, sliced grapes, etc.

Procedure step-by-step:

1. Sanitize tables and wash hands
2. Let children help with measuring and dumping ingredients into a bowl and stir until well blended.
3. Chill and serve as a dip with cut up fruit.
4. Enjoy!
5. Clean up
- 6.
- 7.
- 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?