

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: The Very Hungry Caterpillar Book

Person leading experience _____ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will use the book "The Very Hungry Caterpillar" to compare foods that are healthy and food we should not eat a lot of.

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?

math music art film
X books field trip other (describe)

Supplies needed: "The Very Hungry Caterpillar" book, Flannel Board story (if available)

Procedure step-by-step:

1. Read "The Very Hungry Caterpillar"
2. Discuss with the children why the caterpillar didn't feel good after eating all that food?
3. What are the things he ate that are good for us?
4. What are the things he ate that we should only eat sometimes?
5. If you have a flannel board story, you can have the children categorize these on the flannel board.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

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?