

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Tomato Exploration

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): For this activity we will explore tomatoes and have the chance to taste a new food.

This food experience allows children to learn by participating in:

X tasting	X dipping/portioning	pouring	X 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: Book about tomatoes (if available), Different sized tomatoes

Procedure step-by-step:

1. Wash hands and sit at table
2. Explore different sized tomatoes (regular, cherry, grape tomatoes)
3. Cut
4. Look at seeds in the tomatoes
5. Taste tomatoes
- 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?