HEAD START FOOD EXPERIENCE

Date_	te Center		Food Experience Name: Sail Boats		
Person leading experience			Length of time:	10-15 minutes	
-	ption: Reason for choosing foods to create a sailboo		of children lear	rning (behavioral goals):C	hildren will use
This fo	ood experience allows chi	ildren to learn by p	articipating in:		
X tasting		dipping/portioning pouring		X cutting	
	mixing	measuring		cooking	
	other (describe)				
What o	other classroom activity/a	activities related or	added to this ex	sperience?	
	math	music		art	film
	books	field trip		other (describe)	
Supplie	es needed: bananas, slice	ed cheddar cheese,	pretzel sticks, p	late	
Proced	lure step-by-step:				
1.	Wash hands and sit at table				
2.	Each child will get to take 1/2 of a banana to place along the bottom of his/her plate				
3.	Place a pretel stick going up & down to be the				
4.	Cut cheese into half diagonally to make 2 triangles				
5.	Place one triangle along one side of the pretzel rod				
6.	With remaining piece of cheese, cut again to make another smaller triangle				
7.	Place on opposite side of the pretzel to finish the sailboat				
8.	Enjoy!				
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?