

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Tuna on Toast

Person leading experience \_\_\_\_\_ Length of time: 10-15 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): In this activity the children will have the chance to taste tuna salad on toast.

This food experience allows children to learn by participating in:

X tasting                      X dipping/portioning                      pouring                      X cutting

X mixing                      X measuring                      cooking

other (describe)

What other classroom activity/activities related or added to this experience?

X math                      music                      X art                      film

books                      field trip                      other (describe)

Supplies needed: Tuna, Whole wheat bread, low fat mayo or salad dressing, bowls, spoons.

Procedure step-by-step:

1. Wash hands and have children seated at table
2. Have children pass the tuna and take a scoop.
3. Give each child a small amount of Low Fat mayo or salad dressing to mix with tuna
4. Children stir up to make tuna salad
5. Pass toast and allow children to spread tuna on triangle
6. Taste tuna
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: Read a book about fish or tuna; This activity could be used in conjunction with the weekly letter, "T."

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?