

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: Using Tongs

Person leading experience _____ Length of time: 20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity can be used early in the year to help children learn and practice with using tongs to allow them the self help skills to serve themselves food during family style meals

This food experience allows children to learn by participating in:

X tasting dipping/portioning pouring cutting
mixing measuring cooking

X other (describe) grasping, fine motor skills

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

X math music art film
books field trip X other (describe) self-help skills

Supplies needed: Tongs, food item that can be cut into easy-to-pick up pieces, plates

Procedure step-by-step:

1. Sanitize tables and wash hands
2. Demonstrate for children how to use the tongs to pick up their food
3. Pass food and allow children to pick up the food with the tongs to place it on their plates
4. Have children count the items while they are serving themselves
5. Enjoy the food they have just served themselves
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: An enhancement to this activity would be to have separate tongs (not used for food service) in your fine motor center with different items and containers for the children to practice using the tongs to transfer items from one container to another. Examples may be duplo blocks, "Little People", cars, etc.

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?