

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: Vegetables - "In The Garden"

Person leading experience _____ Length of time: 20 - 30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will help children learn about different vegetables and where they come from.

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?

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

Supplies needed: Book "In the Garden" or another book about gardens or vegetables, drawing paper, crayons and markers, Pictures of different vegetables

Procedure step-by-step:

1. Read a book about gardens or vegetables
2. Discuss the different types of vegetables in the book and count how many the story tells about
3. Have children pull pictures of vegetables out of a bag or container
4. Tell what the vegetable is and where it grows
5. Draw pictures of different vegetables.
- 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?