

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Watermelon Sailboats

Person leading experience \_\_\_\_\_ Length of time: 15-20 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity gets the children the opportunity to be creative with their food and create a watermelon sailboat. This would be an activity to use during a Summer or Boat theme/unit.

This food experience allows children to learn by participating in:

X tasting	X 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
books	field trip	other (describe)	

Supplies needed: Triangle wedges of watermelon (2 per child), 1/4 cup blueberry yogurt for each child, 2 Tablespoons of lowfat granola cereal, 2 blueberries for each child, toothpicks, plates & spoons.

Procedure step-by-step:

1. Sanitize tables and wash hands.
2. Pass yogurt and have each child dish out 1/4 cup on plate and spread yogurt to look like the "water" in a lake
3. Sprinkle the cereal around the edge of lake making sand or pebbles
4. Float the triangles on watermelon on the yogurt like sailboats on the lake.
5. Add a sail by sticking the toothpick into each blueberry and sticking it in the watermelon
6. Enjoy & then clean up
- 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?