

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: Tasting Watermelon

Person leading experience _____ Length of time: 20-25 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): The purpose of this food experience is to expose the children to a food that we have been studying and allow them the opportunity to try it and then to graph whether the children liked or disliked the watermelon

This food experience allows children to learn by participating in:

X tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	
other (describe)			

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

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

Supplies needed: Watermelon, attached picture of a watermelon field

Procedure step-by-step:

1. Discuss with children how watermelon grows (on ground on a vine) and show a picture of field with watermelon
2. Ask the children if any of their families grow watermelon in a garden in the summer
3. Show children the whole watermelon
4. Talk about the parts of the watermelon you eat and the parts you usually don't eat (Seeds, rind).
5. Talk about different ways you can eat watermelon (Cut up with a fork, on the rind with your hands)
6. Have a staff member cut the watermelon into slices
7. After tasting the watermelon make a graph of the children and staff that like and dislike watermelon
8. Display graph for parents to see at pick up time, if applicable.
- 9.
- 10.

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?