

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: "We Eat Turkey" song

Person leading experience _____ Length of time: 5-10 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): Children take turns telling foods that go along with the song. They identify if it is a nutritious food. This song can be adapted to any holiday or food oriented event.

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?

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

Supplies needed: None

Procedure step-by-step:

1. Teacher children the rhythm of the song
2. Each day a few children get a chance to tell a favorite holiday food
3. Clap the syllables of the food in the song
4. Child says if it is a healthy food or a food to only eat a little of
- 5.
6. Song: We eat "tur-key" <-----children name the food they choose
7. We eat "tur-key"
8. Oh so good
9. Oh so good
10. Always on (insert holiday name)
11. Always on (insert holiday name)
12. Yum, Yum, Yum
13. Yum, Yum, Yum

Possible enhancements to this Activity: Teachers can also use this opportunity to introduce children to holidays they may not be as familiar with and talk about some of the food traditions that go along with those holidays. For example, people who celebrate Hanukkah often eat Latkes (potato cakes) during that time.

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?