

HEAD START FOOD EXPERIENCE

Date _____ Center _____ Food Experience Name: What Happens to our Teeth?

Person leading experience _____ Length of time: 10-15 min for 2 consecutive days

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity will show children why healthy eating and hygiene is so important. It will also reinforce proper teeth brushing.

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 music art film
books field trip other (describe) Predictions

Supplies needed: Boiled eggs, Coke, Glass or container that will hold the eggs in Coke, Toothbrush

Procedure step-by-step:

1. Discuss how what we eat is related to taking care of our teeth.
2. Discuss the importance of brushing our teeth to get the food off our teeth and keep our teeth healthy
3. Put boiled eggs in Coke
4. Talk about that the children think will happen to the eggs
5. After 24 hours, take the eggs out
6. Discuss what happened to the eggs and if our predictions were correct
7. Brush the eggs with toothbrush to see what changes.
- 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?