

HEAD START FOOD EXPERIENCE

Date ____ _ Center_ _____ Food Experience Name: Where Do Foods Come From?

Person leading experience ____ _____ Length of time: 15-30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals): For this activity, the teachers will lead a discussion about where different foods come. The children match up a food with its source.

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)

Supplies needed: Pictures of different food sources and where they come from. Choose foods from farms, orchards, the ocean, and other places you can think of.

Procedure step-by-step:

1. Show the children pictures of the different places foods come from
2. Explain that different foods come from different places
3. Show them pictures of foods and have them identify what the food is and where it comes from.
4. You could have a poster for each source and match up the foods this way also
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Possible enhancements to this Activity: This activity could also be further explored with the children by talking about the difference between fresh foods and foods that come from a factory and the differences and what is healthier. For example fresh strawberries vs. Strawberry pop-tarts for breakfast, etc.

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?