

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Yogurt Parfait

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

Description: Reason for choosing project, in terms of children learning (behavioral goals): For this activity, we will discuss healthy snacks with the class and then have the children make a healthy snack by making yogurt parfaits.

This food experience allows children to learn by participating in:

X tasting                      X dipping/portioning                      pouring                      cutting  
X 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: Low-fat granola, yogurt, sliced strawberries and bananas, cups

Procedure step-by-step:

1. Wash hands.
2. Talk with the children about what healthy snacks are; they are food that give us important vitamins/minerals and help us grow well. Wash hands.
3. Put granola in bottom of cup
4. Layer with yogurt
5. Add strawberries
6. Add bananas
7. Put another layer of yogurt and granola over top of parfait
8. While students are eating their parfaits, talk with them about what their favorite part of the parfait is
9. Discuss the different textures of the parfait, granola is crunchy, yogurt is smooth and creamy.
10. Clean up area

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?