

SAGE Session 1 at a Glance

Topic: Where Does My Food Come From?

Objective: Children will be able to demonstrate the life cycle of a plant, detailing the planting, feeding, watering, growing, and harvesting process.

Materials Needed

- “Bunny Hop” game instructions
- Pictures of fruits and vegetables
- “OH, Do You Eat Your Vegetables” song lyrics
- Session 1 discussion card
- “Seedling Song” lyrics
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- “Red apple, green apple” game instructions
- Pictures of yellow, green, and red apples
- Lima bean experiment card
- Supplies for planting lima bean (seed, moist paper towel, clear plastic bag, heavy tape)

Introduction [10 minutes—game]

- Game: “Bunny Hop”

Classroom Activities [20 minutes—song, discussion, song]

- Song: “Oh, Do You Eat Your Vegetables”
- Discussion 1a: “Lifecycle of fruits and vegetables”
 - Have the children act out each stage of the lifecycle
 - Seed (crouch into ball)

- Sprout (stand a little in a squatting position)
- Seedling (stand a bit more with arms out half-way)
- Plants (stand with arms raised)
- Receive water and sunshine (stand on tiptoes with arms reaching into sky)
- Bear fruit (make fists)
- Song: “Seedling Song”

Mindful Eating [15 minutes—tummy mindfulness, experiential eating]

- Tummy Mindfulness and Experiential Eating Protocol

Garden Activity [20 minutes—discussion, garden maintenance, song, garden exploration, game]

- Discussion 1b, Garden Maintenance and Song
 - Ask the children what plants need (water and sunshine)
 - Have the children water the garden
 - Sing lyrics to the “Seedling Song” while watering
- Garden Exploration
 - Point out the plants growing
 - Have the children identify characteristics of fruits and/or vegetables (color, shape, texture, if ready for harvesting)
- Game: “Red Apple, Green Apple”

Wrap Up/Review [10 minutes—discussion, science experiment]

- Discussion 1c
 - Discuss the importance of eating fruits and vegetables
 - Ask where fruits and vegetables come from (seeds)
- Science Experiment: Lima bean seed planting