

## **SAGE Session 10 at a Glance**

**Topic:** Nutrients to Stay Healthy

**Objective:** Children will understand that plants and humans need water and nutrients in order to remain healthy and have energy for physical activity.

### **Materials Needed**

- “Plant Splash Relay” game instructions
- 2 Baskets
- Small blue balls for each child
- “Follow the Leader” game instructions
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- “Seedling Song” lyrics
- Measuring tape
- “Red Apple, Green Apple” game instructions
- Pictures of yellow, green, and red apples
- “Head, Shoulders, Knees, and Toes” song lyrics
- Session 10 discussion card

### **Review [10 minutes—game]**

- Game: “Plant Splash Relay”

### **Classroom Activity [10 minutes—game]**

- Game: “Follow the Leader”

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

- Tummy Mindfulness and Experiential Eating Protocol

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

- Garden Maintenance and Song
  - Have the children water the garden
  - Sing lyrics to the “Seedling Song” while watering
- Measure the lima bean
  - Ask what stage of the lifecycle the lima bean is in
- Garden Exploration: Encouraged children to feel the soil and discuss the nutrients plant need to grow healthy and strong.
  - Have the children feel the sunshine on their arms and tell them the sun gives plants important nutrients to grow healthy and strong.
- Game: “Red Apple, Green Apple”

### **Wrap Up/Review [10 minutes—song, discussion]**

- Song: “Head, Shoulders, Knees, and Toes”
- Discussion 10a: Reviews concepts of the session, for example:
  - “What do plants need to grow healthy and strong?”
  - “What do you need to grow healthy and strong?”
  - “Why do you need [water, fruit, vegetables, physical activity]?”