

SAGE Session 11 at a Glance

Topic: Time to Harvest!

Objective: Children will learn how to properly harvest, wash and store produce from the garden.

Materials Needed

- “Seedling Song” lyrics
- “Bunny Hop” game instructions
- Pictures of fruits and vegetables
- Pictures of matching ripe and unripe fruits and vegetables
- Session 11 discussion card
- “Matching” game instructions
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Measuring tape
- “Exercise When We Rhyme” game instructions

Review [5 minutes—song]

- Song: “Seedling Song”

Classroom Activity [25 minutes—game, discussion, game]

- Game: “Bunny Hop”
- Discussion 11a: Lead discussion about harvesting
 - Talk about how to harvest plants and fruit from the garden
 - Explain what it means to harvest (to pick fruits and vegetables that are ripe)

- Explain that fruits and vegetables let us know when they are ready to be harvested by changing color, growing to a certain size, and by the ‘ripe’ smell
 - Ask the children what veggies/fruits look like when they are ripe
 - Then show the children pictures of ripe and unripe fruits and vegetables
- Game: “Matching”

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

- Tummy Mindfulness and Experiential Eating Protocol

Garden Activity [10 minutes—garden maintenance, garden exploration, song]

- Garden Maintenance and Song
 - 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)
- Measure the lima bean
 - Ask if the lima bean has any fruit to be harvested

Wrap Up/Review [10 minutes—discussion, game]

- Discussion 11b: Review concepts of session by asking
 - “What does it mean to harvest?”
 - “How do you know when a [insert fruit/vegetable] is ready to harvest?”
- Game: “Exercise When We Rhyme”