

## **SAGE Session 2 at a Glance**

**Topic:** Nutrients for Growth

**Objective:** Children will understand the relationship of physical activity and eating fruits and vegetables to their growth and development.

### **Materials Needed**

- “Seedling Song” lyrics
- Session 2 discussion card
- “Plant Race” game instructions
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- “Fitness Foods” game instructions
- Large pictures of fruits and vegetables
- Large pictures of unhealthy foods
- Measuring tape

### **Review [5 minutes—song]**

- Review the life cycle from the “Seedling Song” with the children

### **Classroom Activity [15 minutes—discussion, game]**

- Discussion 2a
  - Begin session by asking the children what seeds need to grow healthy and strong (water and sunlight)
- Game: “Plant Race”

### **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
- 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: “Fitness Foods”

**Wrap Up/Review [5 minutes—discussion]**

- Measure the lima bean
- Discussion 2b
  - Gather children around lima bean
  - Ask questions about the lifecycle of the lima bean
  - Ask what the lima bean needs to grow
  - Relate the needs of the lima bean to what children need to grow (water, physical activity, fruits, and vegetables)