Sustainability via Active Garden Education

SAGE Session 3 at a Glance

Topic: I Don't Want to be a Couch Potato!

Objective: Children will understand the importance of having a healthy diet so that they have energy to be physically active.

Materials Needed

- "Fitness Foods" game instructions
- Large pictures of fruits and vegetables and unhealthy foods
- Session 3 discussion card
- Large pictures of active activities including gardening activities
- Large pictures of sedentary activities
- "Gardener Says" game instructions
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- "Seedling Song" lyrics
- "Exercise When We Rhyme" game instructions
- Measuring tape

Review [10 minutes—game]

- Game: "Fitness Foods"

Classroom Activity [20 minutes—discussion, game]

- Discussion 3a: Lead children through a discussion on the importance of physical activity
    - Reinforce that physical activity is good for them, provides energy, and keeps them healthy and strong
    - Ask what physical activities they participate in

- o Show pictures of various physical activities and sedentary behaviors and have them identify them
- o Demonstrate the gardening tool pictures and encourage the children to participate
- Game: "Gardener Says" (Simon Says)

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
    - o Have the children water the garden
    - o Sing lyrics to the "Seedling Song" while watering
- Garden Exploration
    - o Point out the plants growing
    - o Have the children identify characteristics of fruits and/or vegetables (color, shape, texture, if ready for harvesting)
- Game: "Exercise When We Rhyme"

Wrap Up/Review [5 minutes—discussion, song]

- Measure the lima bean
- Discussion 3b: Ask the children why we eat a variety of fruits and vegetables (to have energy to be physically active and play)
- Song: "Seedling Song"