

## **SAGE Session 6 at a Glance**

**Topic:** Hungry Humans, Hungry Plants

**Objective:** Children will gain an understanding of nutrients needed to fuel their bodies and what they need to grow healthy and strong.

### **Materials Needed**

- “Head, Shoulders, Knees, and Toes!” lyrics
- “Awesome Appetites” game instructions
- Small pictures of fruits, vegetables, whole grains, low fat dairy
- Picture of empty body
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- “Seedling Song” lyrics
- “Plant Race” game instructions
- Measuring tape
- Session 6 discussion card

### **Review [5 minutes—song]**

- Song: “Head, Shoulders, Knees, and Toes!”

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

- Game: “Awesome Appetites”

### **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: “Plant Race”

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

- Garden Maintenance: Remove lima bean from the window and plant in the garden
- Discussion 6a: While transplanting the lima bean, ask questions about concepts learned and relate to children. For example:
  - “What stage of the life cycle is the lima bean?”
  - “What does the lima bean need to grow healthy and strong and to start producing lima beans?” (nutrients from soil, sun, and water)
  - “What different foods can help provide different nutrients to help you grow healthy and strong?”
- Measure lima bean