

SAGE Session 7 at a Glance

Topic: Am I Hungry, Just Right or Too Full?

Objective: Children will gain an understanding of hunger and fullness. Children will be able to describe sensations of hunger and fullness.

Materials Needed

- “Awesome Appetites” game instructions
- Small pictures of fruits, vegetables, whole grains, low fat dairy
- Picture of empty body
- Tummy dolls
- “Guess which Tummy” game instructions
- Pictures of “too full, just right, and hungry” meals
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Watering cans
- “Seedling Song” lyrics
- “Slug or Hopper” game instructions
- Measuring tape
- Session 7 discussion card

Review [10 minutes—game]

- Game: “Awesome Appetites”

Classroom Activity [10 minutes—game]

- Game: “Guess which Tummy”

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)
- Measure the lima bean
 - Ask questions about if the plant looks hungry or thirsty, or healthy and strong
- Game: “Slug or Hopper”

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

- Song: “Seedling Song”
- Discussion 7a: Review concepts of hunger and fullness by asking questions:
 - “What happens if you have too much food, how do you feel?”
 - “What happens if the you have too little food, how do you feel?”
 - “What happens if a plant has too much water?”