

## SAGE Session 8 at a Glance

**Topic:** Eating to Make my Body Strong!

**Objective:** Children will be able to describe the importance of consuming a variety of fruits and vegetables for their growth and development.

### Materials Needed

- “Slug or Hopper” game instructions
- Pictures of “too full, just right, and hungry” meals
- Session 8 discussion card
- “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
- “Follow the Leader” game instructions
- “Head, Shoulders, Knees, and Toes” song lyrics
- Measuring tape

### Review [10 minutes—game]

- Game: “Slug or Hopper”

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

- Discussion 8a: Starts lesson telling the children that eating a variety of fruits and vegetables are important for making our bodies grow strong. Have them name fruits and vegetables.
- 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)
- Measure the lima bean
  - Ask questions about what nutrients the lima bean needs
- Game: “Follow the Leader”

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

- Song: “Head, Shoulders, Knees, and Toes” song
- Discussion 8b: Review the concepts of the session by asking:
  - “Where do plants get nutrients from?”
  - “Where do you get nutrients from?”