

Dear Teacher:

GrowingGreat Pilot K-2<sup>nd</sup> Lesson #3 — *Tummy Talk*

Today's lesson is "Tummy Talk." Your GrowingGreat Docent will lead the students through an interactive lesson designed to teach them about listening to your body so you know when to start and stop eating. A GrowingGreat "Grill Me About" handout for parents is available to be sent home via email or backpack. Please contact your GrowingGreat Docent for an electronic document.

Your Teacher Packet includes:

- An outline of the lesson

Suggested books to compliment the "*Decorate Your Plate*" lesson:

*The Very Hungry Caterpillar* by Eric Carle

*Berenstain Bears Too Much Junk Food* by Stan and Jan Berenstain

*Good Enough to Eat, a Kid's Guide to Food and Nutrition* by Lizzy Rockwell

We hope you and your students enjoy the lesson!

Sincerely,

GrowingGreat

# LESSON OUTLINE

## K-2 Pilot Lesson # 3: **Tummy Talk**

**OBJECTIVE:** Students learn to listen to their bodies' hunger signals to understand when and how much to eat.

**MAIN CONCEPTS:**

- Listening to our bodies' signals/hunger cues
- Hunger levels and scale
- Eat when hungry, before you are starving
- Stop eating when satisfied, before you are full
- Mindful eating: using the 5 senses to pay attention to what we are eating

**Lesson Outline:** (approximately 25 minutes)

1. Review previous lesson (2 minutes)
2. **ACTIVITY 1:** "Spiderman Concentration" (3 minutes)
3. Overview of Digestion (2 minutes)
4. **ACTIVITY 2:** Balloon demo (1 minute)
5. Introduction to hunger signals and hunger scale (2 minutes)
6. **ACTIVITY 3:** Hunger Scale Game (8 minutes)
7. **ACTIVITY 4:** Mindful eating exercise (5 minutes)
8. Review/Conclusion (2 minutes)

**Note:** GrowingGreat curriculum aligns with Common Core Standards and Next Generation Science Standards. Please refer to the lesson script for standards.