**Unit 3 - Inner well being**

**Lesson 2**

**Grade Level:  Kindergarten**

**Focus:**Eating good things is delicious

**Time:  20 minutes**

**Prep**: Bring a blender, strawberries, bananas, plain yogurt, and some small cups.  Make sure there is kale and spinach in the garden.  Check on any food allergies before the day of the lesson and plan accordingly. Have a basket for the kale.

**Warm up:** in classroom with whole class (5 min)

“Think of your favorite healthy food.  How does it make you feel when you eat it?”  Let many kids share their favorite.  “Think of your favorite kind of day?  Is it sunny? Windy? Snowy? Cloudy?  How do you feel when you are outside on a day like that?”  Have a few share. “We can feel healthy when we eat healthy fresh food and get time outside.”  Today we are going to do both.

Take first group to the garden.

**Lesson:** (5 min)

1. Take the students to where the kale is that they picked from before.  “How is our kale doing?  Did more leaves grow?  Kale has a lot of vitamins and minerals in it that are good for our bodies.  Today we are going to use some of our kale to make smoothies!  We will put strawberries, bananas, kale, yogurt and water in them so they will be very healthy.  We are out in the fresh air picking them so take a nice breath of air and pick one leaf for our smoothie.”
2. “Spinach is good in a smoothie also so let’s each pick two spinach leaves.  Isn’t it great that we planted this food and get to enjoy eating it now?”
3. Take students back to class and get another group.
4. When everyone has picked from the garden, wash the produce and start with the smoothie making.  Each student can have one cup if they would like to try it.
5. Circulate around the room as kids are enjoying their healthy snack and strike up conversation about the garden.  If there is produce left over it can be put into baggies and students can take it home.

**Debrief:**

“What would you like to plant for our next smoothies?”