



LiveWell Kids Garden and Nutrition Program

Lesson 3: Soil Health & Nutrients

KINDERGARTEN

OBJECTIVES

By the end of this lesson, students will:

- Learn that soil and people both need food.
- Understand that compost helps soil grow plants.
- Learn that worms and other soil life break down food scraps.
- Practice choosing foods that help their bodies grow.

SUPPLIES AND SET-UP

- Garden Discussion and Activity – “Compost, Recycle, Trash” Relay
 - Laminated card key
 - Two sets (green and blue) of laminated picture cards
 - Three laminated signs: Compost, Recycle, Trash
 - Three collapsible bins
 - Set bins in a row with labels in front.
 - Place card sets across from bins with room for safe running.
- Nutrition Activity – “Carrot Jump”
 - Laminate: Benefits of Eating from the Rainbow
 - Designate an open space for movement.

PREPARATION

- Refer to the [LiveWell Kids Volunteer Manual](#) on the [LiveWell Kids webpage](#) for details about preparing for the lesson one week prior and the day of.
- Allow **30 minutes** for set-up and preparation on the day of the lesson.



INTRODUCTION & MINDFUL BREATHING (1 Minute)

- Introduce yourself and other volunteers.
- Lead a mindful breathing exercise.
- Explain: Today we will learn how soil grows food and how food helps our bodies.

****Divide the class into 2 groups****

Split students into two groups.

One group goes to the garden activity.

One group goes to the nutrition activity.

Activities run at the same time for 20 minutes.

Switch groups after 10 minutes.

GARDEN: DISCUSSION & ACTIVITY (10 Minutes)

Discussion Topic: Soil Health (2 minutes)

What is Soil Health?

- Soil is the ground under our feet.
- Soil health means the soil is happy and doing its job.
- Soil is alive, just like plants and animals.

When Soil is Healthy:

- Plants grow big and strong.
- Food can grow.
- Water stays clean.

Soil Helps Plants by:

- Holding water.
- Keeping roots in place.
- Feeding plants.

That's why we take care of soil!

Discussion Topic: Composting Definition & Benefits (3 minutes)What Is Composting?

- One way we take care of soil is by feeding it.
- Composting is how we help nature turn old plants and food scraps into soil food – we put them in a compost bin so they can break down and help plants grow.

Why Composting Matters

Composting does three important things:

1. It helps soil stay healthy.
2. It helps plants grow.
3. It keeps food scraps out of the trash.

Composting is like nature’s recycling.

What Goes in Compost

Compost needs two kinds of plant materials:

Greens are fresh, soft plant materials that are often moist.

Browns are dry, crunchy plant materials.

Ask: “Can you name a green? Can you name a brown?”

Activity: “Compost, Recycle or Trash?” Relay (5 minutes)

- Divide students into two lines.
- On “Go,” the first student picks a card.
- Student decides where it belongs and runs to the bin.
- Student returns, tags next person, and joins the back of the line.
- After all cards are used:
 - Check answers using the key.
 - Celebrate effort (winning is optional at this age.)

NUTRITION DISCUSSION & ACTIVITY (10 Minutes)**Discussion Topic: Nutrients**

- Just like soil needs food, people do too.
- **Nutrients** help our bodies grow and give us energy.
- Nutrients help you:
 - Grow strong bones and muscles.
 - Run, play, dance, and learn.
- People get nutrients from food and water.

- Helpful way to think about nutrients:
 - Imagine food is made of Legos.
 - Each Lego piece is a nutrient.
 - Each one helps your body in a different way.
- Foods have many nutrients working together to help you grow strong.

Activity: Carrot Jump (5 Minutes)

Supplies: *Benefits of Eating from the Rainbow*

Introduction: “Eating the Rainbow” (1 minutes)

- Show laminate: “*Benefits of Eating from the Rainbow*”
 - Fruits and vegetables help your body feel good.
 - They come in many colors.
 - Every color helps your body in a special way.
 - Briefly name colors and benefits (no memorizing required.)
 - Ask: “What fruit or vegetable do you like?” (1–2 answers)

• Explain the Game: “Carrot Jump” (1 minute)

- Stand in a circle.
- One person says:
 - A color
 - A fruit or vegetable
 - A movement
- Example: “Orange, carrot, jump!”
- Everyone does the movement together.

Play the Game (3 minutes)

- Start with a volunteer model.
- Keep the pace quick.
- Encourage simple movements.
- Participation at comfort level is okay.

Closing the Game (10 seconds)

- Great job! Remember — every time you eat fruits and vegetables, you’re coloring your plate and helping your body grow strong!
- Fruits and vegetables are an important part of what you eat because they’re packed full of nutrients that help your body feel its best.
- Like the rainbow, fruits and vegetables come in many colors.
- Every color is good for you in its own special way.

CLOSING (1 Minute)

- Bring students together to close the lesson and thank the students, teacher and other volunteers.
- Point out to them that composting is easy and they can do it at home.
- Remind them that eating many colors helps their whole body.
- Take them to see how their garden box is growing before going back to class.
- If time allows, have students draw a Reflection Page and take a few photos to share with BCHD at Mishell.Balzer@bchd.org.
- Thank the students for joining you today and dismiss them.

***Remember to report your lesson as delivered with the online form!**

From your phone, scan this QR code below to report lessons as delivered. Once the page opens, select the 'grid view'. From the computer, click the link [LiveWell Kids Tracking Links 2025-26](#)



