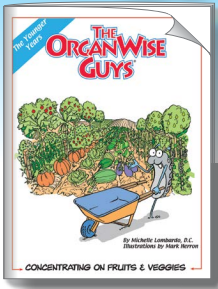




Sir Rebrum®

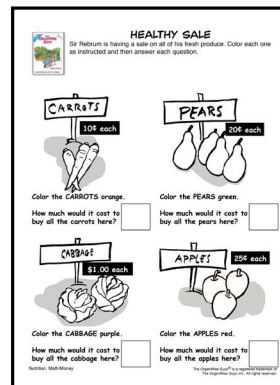
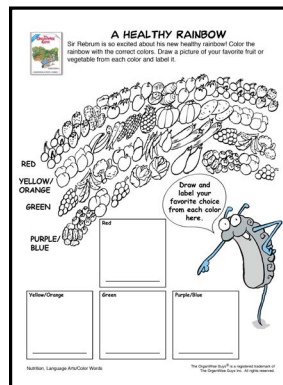


(Use this link to access all content.)

Read **Concentrating on Fruits and Veggies**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



PLANT A GARDEN.MP4



I LOVE MY GARDEN.MP4



FRESH FOOD.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

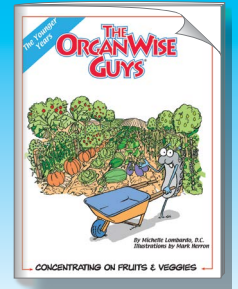
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Concentrating on Fruits and Veggies Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruits, vegetables, exercise, vitamins, fresh air, high-fiber foods/elimination, water/hydration, gardening, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight the wide array of colorful fruits
- To highlight the wide array of colorful vegetables
- To remind children that fruits and vegetables contain vitamins their bodies need
- To group fruits and vegetables into colors and test recall of their names

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the various fruits and vegetables in each color group
- To color items from each color group while doing a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to plant a garden
- To share a poem about the love/benefits of gardening
- To demonstrate the process and results of growing your own food

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)