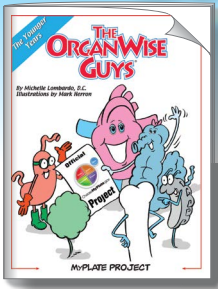




Peter Pancreas®

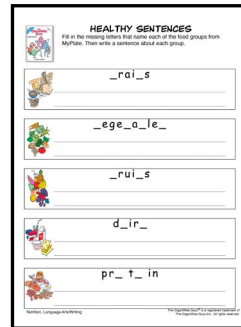
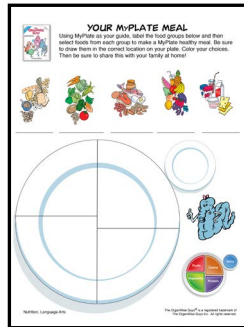


(Use this link to access all content.)

Read **MyPlate Project**

(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:



HEALTH TREK-HEALTHY FOODS.MP4



REPEAT AFTER ME.MP4



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: To add **Bone Health/Dairy** into this lesson, you can add/replace one of the above videos with this **Calcium Cheer Short**. Calcium rich foods are a great snack choice throughout your day!



CALCIUM CHEER.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

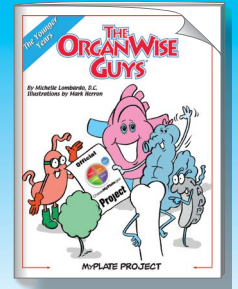
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



MyPlate Project 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:

MyPlate, water/hydration, fruits, vegetables, grains, proteins, dairy, good fats, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of entrepreneurship
- To demonstrate the synergy that can happen in a group project
- To highlight a variety of fruits and vegetables
- To point out that fruits and vegetables contain vitamins, minerals, fiber, and water
- To show examples of high-fiber, whole-grain foods
- To show examples of lean proteins
- To show examples of dairy items
- To emphasize the importance of good fats

Activity Sheets - Lesson Objectives/Key Concepts:

- To demonstrate knowledge of the MyPlate categories by building a healthy meal
- To reinforce the names of the MyPlate food groups

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to make healthy fast-food choices
- To reiterate the four OrganWise rules
- To guide children to make healthy snacking choices
- To identify and promote foods that are rich in calcium

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)