



Undercover Diabetes Health Agent - 6 Session Lesson Plan Lesson 1



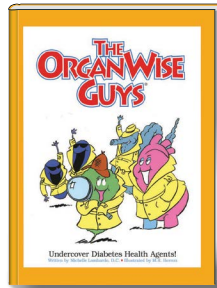
Peter Pancreas®

digital.organwiseguys.com/book/undercover-diabetes-health-agents

(Use this link to access all content.)



Prior to starting the book, introduce all of The OrganWise Guys characters. [Click here to view/download the Meet The OrganWise Guys page.](#) You can project it onto the screen or print a copy for each student. If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions. You can call on students to read and introduce each character.



Read **Undercover Diabetes Health Agents pages 1 - 10**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.

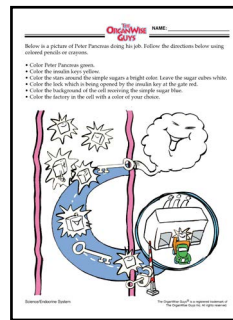
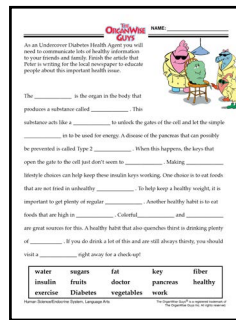


on



off

Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



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

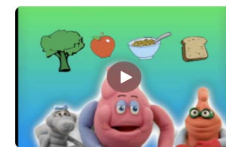
It's important to remember to limit your TV viewing and get more exercise! Watch this short video to help you **Tame Your TV** and **OrganWise Cadence**

LIMITING TV



TAME YOUR TV.MP4

EXERCISE



ORGANWISE CADENCE.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

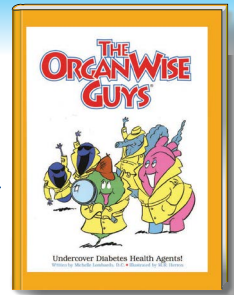
Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Lesson 1

digital.organwiseguys.com/book/undercover-diabetes-health-agents

(Use this link to access all content.)



Below are details for **Lesson 1** of the 6-session Undercover Diabetes Health Agents content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Diabetes, pancreas, insulin, digestion, carbohydrates (simple versus complex/high-fiber), fats (healthy versus unhealthy), physical activity, water/hydration, limiting screen/TV time

Storybook - Lesson Objectives/Key Concepts:

- To introduce the children to The OrganWise Guys characters
- To provide an overview of diabetes and how to potentially prevent the most common type
- To discuss the organ most affected by diabetes
- To discuss the pancreas' role in digestion
- To explain the process of digestion/digestive enzymes
- To explain how carbohydrates break down into simple sugars
- To explain how insulin works

Activity Sheets - Lesson Objectives/Key Concepts:

- To summarize key concepts taught in storybook
- To show visually how insulin works

Short Videos - Lesson Objectives/Key Concepts:

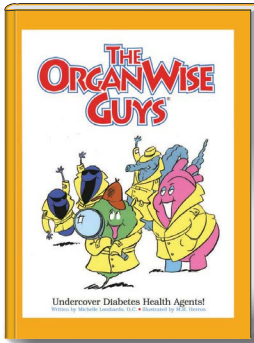
- To stress the importance of limiting screen/TV time
- To get children up and moving with a fun cadence march while learning about healthy foods

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
- Undercover Diabetes Health Agents 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)



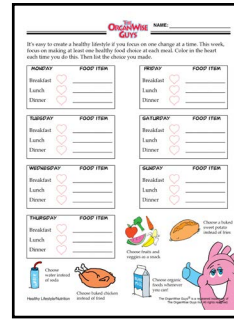
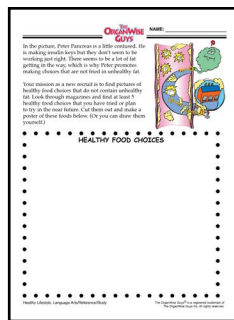
Reintroduce characters from Lesson 1. Turn off the sound button and quickly flip through the pages from previous lesson giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Undercover Diabetes Health Agents pages 11 - 16**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



NOTE: This is a good time to discuss the importance of **ALWAYS** washing fruits and vegetables before eating them.

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

HANDWASHING

FRUITS & VEGGIES

Watch these two Shorts! to emphasize handwashing and making healthy food choices - **Wash Your Hands Before You Eat** and **Health Trek-Healthy Foods**



WASH YOUR HANDS BEFORE YOU EAT.MP4



HEALTH TREK-HEALTHY FOODS.MP4

If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

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

SPELLING LIST

fruits
vegetables
baked
broiled

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **fruits vegetables baked broiled grilled chicken fish water exercise healthy fiber**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

SPIN THE WHEEL-O-HEALTH!

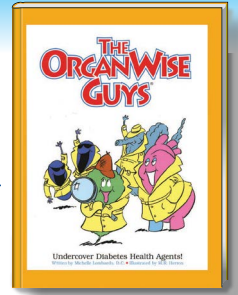
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Lesson 2

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Below are details for **Lesson 2** of the 6-session Undercover Diabetes Health Agents content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Diabetes (difference between Type 1 and 2), fruits, vegetables, water/hydration, physical activity, unhealthy fats, insulin, try new healthy foods, handwashing, the importance of washing fruits and vegetables

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To contrast the difference between Type 1 and Type 2 Diabetes
- To discuss the four healthy OrganWise rules to help prevent Type 2 Diabetes
- To explain why unhealthy fats make it hard for the insulin to work properly
- To explain how exercise helps burn fat to make it easier for the insulin to work

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight the importance of choosing foods that do not contain unhealthy fats
- To encourage children to make at least one healthy food choice with each meal
- To discuss the importance of ALWAYS washing fruits and vegetables before eating them

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance of washing hands before eating
- To help children make healthy, high-fiber food choices

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling words that are healthy food choices while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

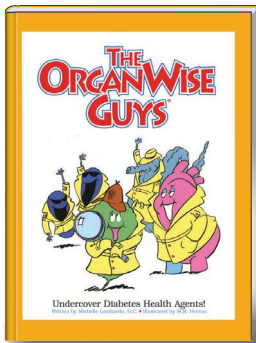
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Undercover Diabetes Health Agents 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)



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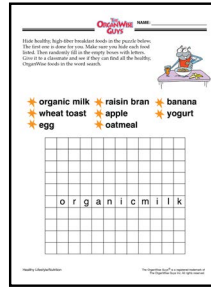
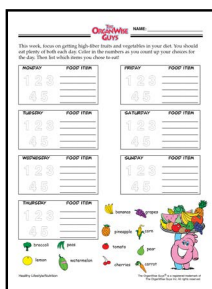
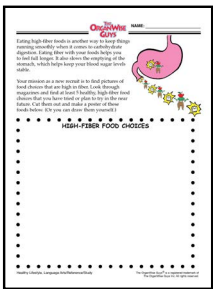
Reintroduce the characters using the Meet the OrganWise Guys sheet from lesson 1. If you have the beanies, hold up each one and have the kids call out their name. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap thus far. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Undercover Diabetes Health Agents pages 17 - 19**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



NOTE: Since these activities all include fruits and vegetables, this is a good time to discuss the importance of **ALWAYS** washing fruits and vegetables before eating them.

Watch these short companion videos found below the activity sheets in this lesson:



FIBER-IFIC CHEER.MP4



PERI SPELLS CONSTIPATION.MP4

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

Watch this fun reminder about handwashing - **Germ Killers**.

HANDWASHING



GERM KILLER.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

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

SPELLING LIST

banana
corn
grapes
tomato
broccoli

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **banana corn grapes tomato broccoli watermelon carrot peas pear**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

SPIN THE WHEEL-O-HEALTH!

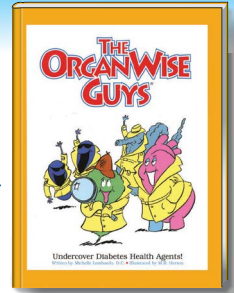
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Lesson 3

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Below are details for **Lesson 3** of the 6-session Undercover Diabetes Health Agents content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Carbohydrates, digestion, fruits, vegetables, physical activity, try new healthy foods, breakfast, constipation, high-fiber foods, the importance of washing fruits and vegetables

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce the children to The OrganWise Guys characters
- To explain how high-fiber foods helps in the process of carbohydrate digestion
- To show why it's important to choose high-fiber carbohydrates

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight how choosing healthy, high-fiber food helps in carbohydrate digestion
- To encourage children to at least five fruits and vegetables each day
- To discuss the importance of ALWAYS washing fruits and vegetables before eating them
- To stress the importance of eating a healthy breakfast each morning

Short Videos - Lesson Objectives/Key Concepts:

- To remind children to eat plenty of fiber-rich foods for Peri Stolic, the intestine
- To teach children what constipation is and how to avoid it
- To remind children of the importance of washing hands after using the restroom

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling a list of fruits and vegetables 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

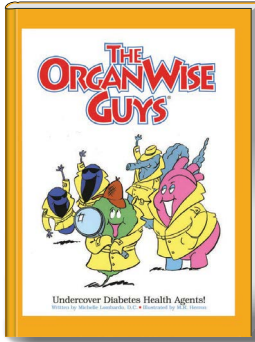
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Undercover Diabetes Health Agents 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)



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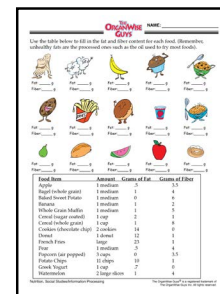
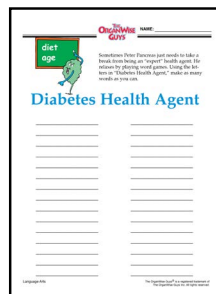
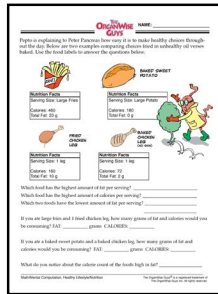
Reintroduce the characters if necessary. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap up to page 14. Turn the sound button back on to have Hardy Heart re-read pages 14 - 17 (overview of rules) which will lead into today's lesson about the importance of water and hydration.

Read **Undercover Diabetes Health Agents pages 14 - 21**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



Watch this short companion video found below the activity sheets in this lesson:



LOW DOWN KIDNEY BLUES.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

(Scroll to bottom of page)

DRAW THE ORGANWISE GUYS

In honor of drinking more water, watch this short how-to video on **Drawing The Kidney Brothers** - pause and replay as needed. (Draw on a sheet of paper or use the inside back cover of the activity book.)



DRAWING THE KIDNEY BROTHERS.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

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

SPELLING LIST

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **water hydration exercise healthy fiber diabetes insulin vegetables fruit nuts**

water

hydration

exercise

healthy

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

SPIN THE WHEEL-O-HEALTH!

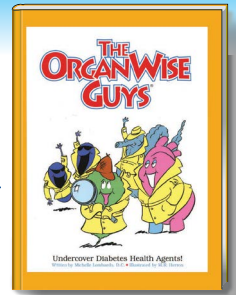
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Lesson 4

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Below are details for **Lesson 4** of the 6-session Undercover Diabetes Health Agents content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruits, vegetables, diabetes/insulin, water/hydration, fried versus baked foods, fat/fiber, kidney function, physical activity, try new healthy foods, nutrition labels

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce the children to The OrganWise Guys characters
- To reiterate the four healthy OrganWise rules – healthy foods, high-fiber, lots of water and exercise – and how they may help prevent Type 2 diabetes
- To explain why it's important to make water the beverage of choice
- To provide an example of a sign of diabetes

Activity Sheets - Lesson Objectives/Key Concepts:

- To contrast the difference between fried versus baked foods
- To administer a fun word game using the letters in 'Diabetes Health Agent'
- To demonstrate the difference in fat and fiber in selected foods

Short Videos - Lesson Objectives/Key Concepts:

- To highlight the function of the kidneys and the importance of drinking water
- To listen to 'H2Ohhhh!' (song on the importance of water for the whole body) while learning how draw The Kidney Brothers

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice words used/learned in this lesson while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

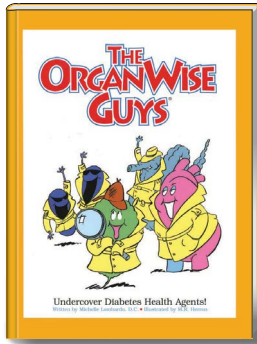
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Undercover Diabetes Health Agents 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)

Lesson 5

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Undercover Diabetes Health Agents pages 22- 27**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):

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

FOOD SAFETY

WATER

Watch these two Shorts! which are part of Pepto's Place new employee training videos - **Keep it Cool** and **What Do Kidney's Do**



KEEP IT COOL.MP4



WHAT DO KIDNEYS DO.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

SPELLING LIST

- walking
- running
- basketball
- swimming
- dancing

FOODS OF THE MONTH
Year-round activities and newsletters

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

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **walking running basketball swimming dancing jumprope hiking yoga weights**
Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

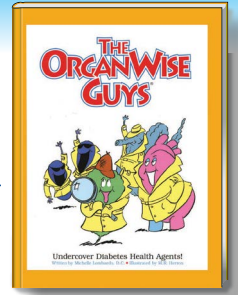
SPIN THE WHEEL-O-HEALTH!

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Lesson 5

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Below are details for **Lesson 5** of the 6-session Undercover Diabetes Health Agents content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Healthy/unhealthy fats, high-fiber/low-fiber foods, water/hydration, function of kidneys, physical activity, food safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce the children to The OrganWise Guys characters
- To provide an example of a fast-food meal's unhealthy fat and (lack of) fiber content
- To highlight how this meal affects the pancreas
- To show how to choose better options with healthy fats and high-fiber food choices
- To encourage children to share this healthy lesson with others

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight fat/fiber in common snack choices
- To provide writing prompts about improving healthy food choices for the school cafeteria
- To administer a survey regarding physical activity options
- To provide a tracking tool to encourage 60 minutes of physical activity each day

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance of keeping cold foods cold so they don't spoil
- To provide a lesson on what kidneys do to keep the body clean

WISERCISE – Lesson Objectives/Key Concepts:

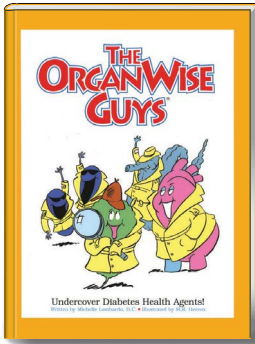
- To incorporate physical activity into today's lesson
- To practice physical activity-oriented spelling words while doing a fun exercise

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
- Undercover Diabetes Health Agents 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)



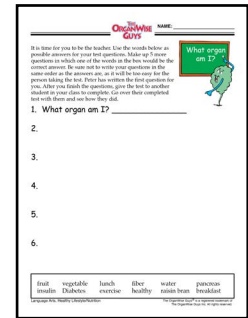
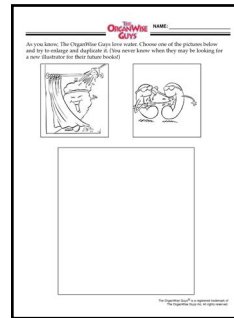
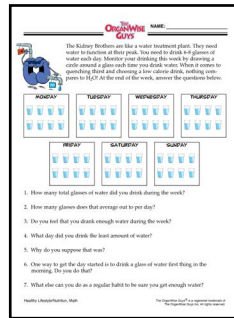
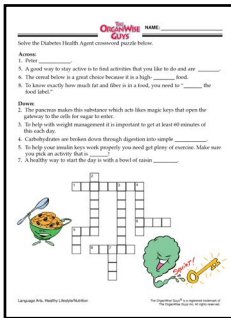
Reintroduce characters if needed. This lesson is designed to encourage students to become the next generation of Undercover Diabetes Health Agents. After Hardy reads each page, ask the corresponding follow-up questions (listed on the next page) before continuing the story.

Read **Undercover Diabetes Health Agents pages 14 - 20**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.

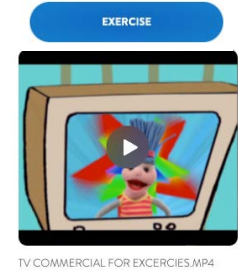
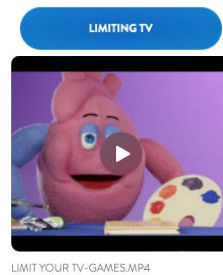


Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



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

Now that you know about the importance of exercise, watch **Limit Your TV-Games** and **TV Commercial for Exercise!** short videos to help you get moving more!



If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

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

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Have the class recite each word aloud as it appears and then get moving while spelling it!

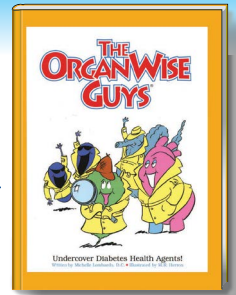
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Lesson 6

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Below are details for **Lesson 6** of the 6-session Undercover Diabetes Health Agents content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water/hydration, fruits, vegetables, physical activity, reduce screen time, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce the children to The OrganWise Guys characters
- To reiterate the four healthy OrganWise rules – healthy foods, high-fiber, lots of water and exercise – and how they may help prevent Type 2 diabetes
- To explain why it's important to make water the beverage of choice to keep insulin levels stable
- To provide an example of a sign of diabetes

Follow up questions

Page 14

Name some healthy food choices you plan to make after hearing this story.

Name some high-fiber fruits and vegetables that you like or plan to try.

Page 15

Explain why the insulin key aren't working.

Name some choices you plan to make to reduce the unhealthy fat in your blood.

Page 16

How does exercise help Peter Pancreas do his job better?

Which type of exercise do like to do or would like to try?

Page 17

What high-fiber foods do you plan to add to your diet?

Page 18

How would you explain this picture to a younger student?

Page 19

Explain what is happening in this picture.

Page 20

Why is it important to make water your beverage of choice?

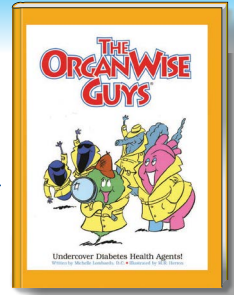
What sugary drinks can you replace with water?

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Lesson 6

digital.organwiseguys.com/book/undercover-diabetes-health-agents



Activity Sheets - Lesson Objectives/Key Concepts:

- To test knowledge of this lesson with a crossword puzzle
- To provide a tracking tool to monitor how many glasses of water were consumed in a week
- To practice drawing PP or KB – do we need this?
- To practice concepts learned by having children be the 'teacher'

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance of limiting screen/TV time
- To emphasize the importance and benefits of regular exercise

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate spelling words and physical activity into today's lesson

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
- Undercover Diabetes Health Agents 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)