



# Basic Training - 6 Session Lesson Plan Lesson 1



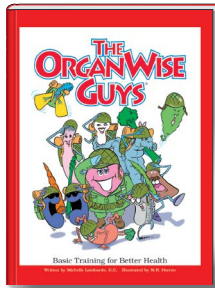
Hardy Heart®

[digital.organwiseguys.com/book/basic-training-for-better-health](http://digital.organwiseguys.com/book/basic-training-for-better-health)

(Use this link to access all content.)



In this first lesson, introduce all of The OrganWise Guys characters in the storybook. [Click here to view/download the Meet The OrganWise Guys page for you to use as a guide.](#) If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions as you read the story.

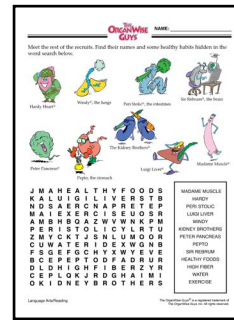
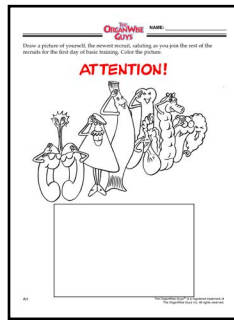
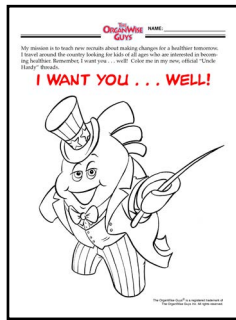


Read **Basic Training For Better Health pages 1-12**

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:



ORGANWISE CADENCE.MP4

**MUSIC/ARTS**  
16 songs with lyrics/12 drawing videos

In bootcamp, the kids learn to always wash their hands before eating. To emphasize this habit, watch **Wash Your Hands** song.



WASH YOUR HANDS.MP4

If time allows . . .

**FOODS OF THE MONTH**  
Year-round activities and newsletters

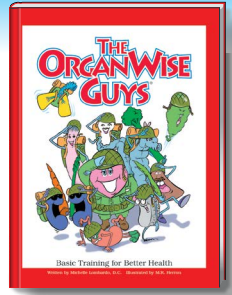
Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



## Basic Training- 6 Session Lesson Plan Lesson 1

[digital.organwiseguys.com/book/basic-training-for-better-health](https://digital.organwiseguys.com/book/basic-training-for-better-health)

(Use this link to access all content.)



Below are details for **Lesson 1** of the 6-session Basic Training 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:**

Function of main organs, fruits, vegetables, water/hydration, physical activity, try new healthy foods, handwashing

### **Storybook - Lesson Objectives/Key Concepts:**

- To introduce the children to The OrganWise Guys characters
- To provide an overview of the function of each organ
- To teach the four healthy OrganWise rules - healthy foods, high-fiber, lots of water and exercise - that keep the body in tip-top shape

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce The OrganWise Guys characters with a coloring sheet/drawing activity
- To reinforce The OrganWise Guys characters with a fun word search

### **Short Videos - Lesson Objectives/Key Concepts:**

- To emphasize the four healthy OrganWise rules with a fun cadence march
- To emphasize the habit of washing your hands to stay healthy

### **Foods of the Month - Lesson Objectives/Key Concepts:**

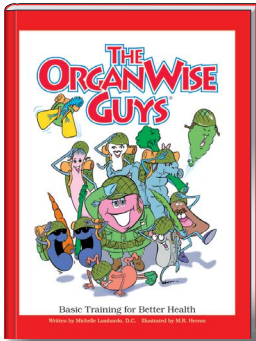
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

### **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Basic Training 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)



Hardy Heart®



Reintroduce each of the characters from Lesson 1 and do a short recap of the story thus far. Pick back up starting on page 12.

Read **Basic Training For Better Health pages 12-17**

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):

**OrganWise GUYS** NAME: \_\_\_\_\_

This is your first day at boot camp. Fill in the blanks with the platoon rules. Write a letter back home to your parents or a good friend explaining why you decided to join The OrganWise Guys platoon and why the platoon rules are important.

**PLATOON RULES:**

1. REGULAR \_\_\_\_\_ FOODS
2. EAT A HIGH \_\_\_\_\_ DIET
3. EAT A HIGH \_\_\_\_\_ DIET
4. DRINK PLENTY OF \_\_\_\_\_

Dear \_\_\_\_\_,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping us stay healthy!  
Love,

\_\_\_\_\_

**OrganWise GUYS** NAME: \_\_\_\_\_

**THE ENEMY**

"SICKNESS AND DISEASE"

Now it's time to get sick. The good news is you're here to help. You may plan to attack germs from the enemy before they can do much harm. For this exercise, imagine you're a germ. Take the pictures (1, 2, or 3) in the correct order of the germ's destruction.

The immune system's steps for destroying germs:

1. A germ has invaded the body.
2. The **T-CELLS** find the germ and flag it.
3. The hungry **WHITE BLOOD CELLS** see the germ with the flag and eat it.

**OrganWise GUYS** NAME: \_\_\_\_\_

How can you help your **T-CELLS** and **WHITE BLOOD CELLS** work better and faster?

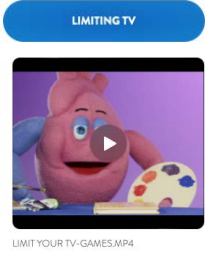
**RULE #1... EXERCISE!**

Now OrganWise Guys are counting on you! Use the chart below to track the code for some of the healthy activities you can do to help your immune system.

A - 1	*	4	1	9	3	5
B - 2						
C - 3						
D - 4						
E - 5	*	16	1	8	7	
I - 6						
K - 7						
L - 8	*	12	6	4	5	2
N - 9						
O - 10	*	12	15	9		
P - 11						
R - 12						
S - 13						
T - 14	*	11	8	1	17	
U - 15						
W - 16						
Y - 17	*	10	15	14	13	6

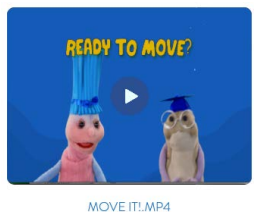
**SHORTS! BY TOPIC**  
80 1-minute videos - great for transition time

To help kids reduce screen time, watch **Limit Your TV-Games** for some helpful tips.



**WISERCISE**  
Math/spelling desk-side physical activity

Get the class up and moving as they learn the **Move It!** song.



[digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)

**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](http://digital.organwiseguys.com/wisercise/warm-up-videos)

**SPIN THE WHEEL-O-HEALTH!**

**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!

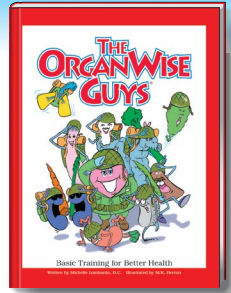
**FOODS OF THE MONTH**  
Year-round activities and newsletters

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!



## Basic Training- 6 Session Lesson Plan Lesson 2

[digital.organwiseguys.com/book/basic-training-for-better-health](http://digital.organwiseguys.com/book/basic-training-for-better-health)



Below are details for **Lesson 2** of the 6-session Basic Training 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:**

Germs, cold bugs, immune system, T-cells, white blood cells, reducing screen/TV time, fruit, vegetables, water/hydration, physical activity, try new healthy foods

### **Storybook - Lesson Objectives/Key Concepts:**

- To re-introduce The OrganWise Guys characters
- To teach the main culprits of sickness and disease – germs and cold bugs
- To provide a lesson on the immune system – T-cells
- To provide a lesson on the immune system – white blood cells
- To highlight how exercise can help prevent sickness and disease

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce the four OrganWise healthy rules with a creative writing prompt
- To reiterate the immune system process of finding/destroying germs
- To promote exercise to stimulate the immune system

### **Short Videos - Lesson Objectives/Key Concepts:**

- To provide helpful tips to reduce screen/TV time
- To energize the children with a fun song encouraging exercise

### **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific 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

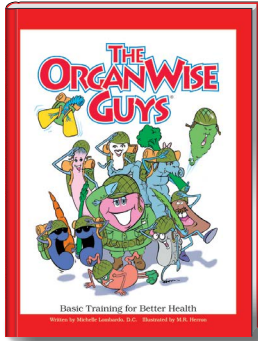
### **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Basic Training 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)





Hard yHeart®



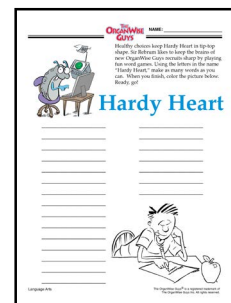
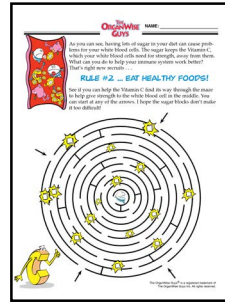
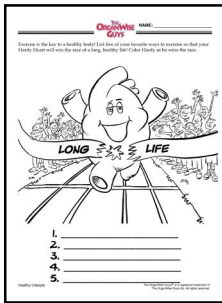
Reintroduce the characters using the Meet the OrganWise Guys sheet from lesson 1. If you have the beanies, hold up each one and have the kids call out their name. Starting on page 14, review the concepts of cold bugs, T-cells and white blood cells. Then continue the lesson beginning on page 18.

Read **Basic Training For Better Health pages 14 - 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):



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

**HEALTHY SNACKS & PORTIONS**

**FOOD SAFETY**

To add healthy snacking and food safety to your lesson watch these two Shorts! **Pirates of the Carribean Healthy Snacks** and **Keep it Cool**



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4



KEEP IT COOL.MP4

If time allows ...

**WISERCISE**  
Math/spelling desk-side physical activity

**SPELLING LIST**

banana
pineapple
orange
apple

**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](http://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: **banana pineapple orange apple watermelon kiwi coconut pear lemon** Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

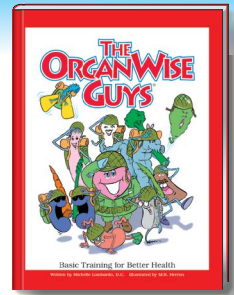
**SPIN THE WHEEL-O-HEALTH!**

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!



## Basic Training- 6 Session Lesson Plan Lesson 3

[digital.organwiseguys.com/book/basic-training-for-better-health](http://digital.organwiseguys.com/book/basic-training-for-better-health)



Below are details for **Lesson 3** of the 6-session Basic Training 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:**

Germs, cold bugs, immune system, T-cells, white blood cells, natural versus added sugars, fruit, vegetables, Vitamin C, water/hydration, physical activity, try new healthy foods, healthy snacking, food safety

### **Storybook - Lesson Objectives/Key Concepts:**

- To re-introduce the children to The OrganWise Guys characters
- To re-introduce the main culprits of sickness and disease – germs and cold bugs
- To provide a reminder lesson on the immune system – T-cells and white blood cells
- To remind children how exercise can help prevent sickness and disease
- To demonstrate how eating too much sugar can weaken the immune system
- To highlight how eating healthy foods, such as fruits that contain natural sugar and Vitamins, can strengthen your immune system

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To prompt children to list their favorite exercises and color a picture of Hardy Heart
- To reinforce the importance of healthy eating to keep the immune system strong
- To emphasize the difference between natural and added sugars
- To challenge children to complete a word game based on Hardy Heart's name

### **Short Videos - Lesson Objectives/Key Concepts:**

- To encourage healthy snacking
- To emphasize the importance of keeping cold food cold so it doesn't spoil

### **WISERCISE – Lesson Objectives/Key Concepts:**

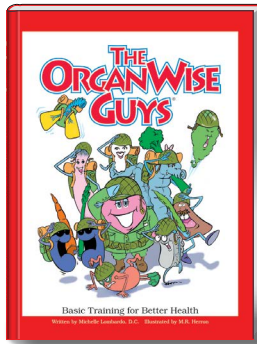
- To incorporate physical activity into today's lesson
- To practice spelling the names of a list of fruits while doing a fun exercise

### **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
- Basic Training 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)



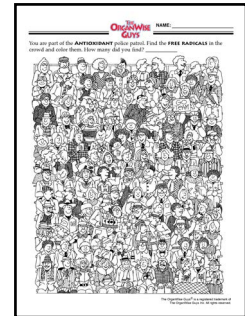
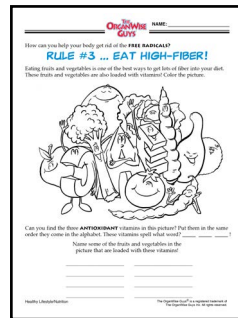
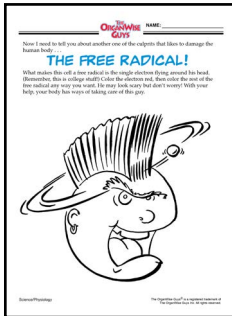
Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Basic Training For Better Health pages 20 - 22**

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):



**MUSIC/ARTS**  
16 songs with lyrics/12 drawing videos

Watch this music video **Gimme Five** about fruits and vegetables that are full of vitamins A, C & E!

**NOTE: Discuss the importance of ALWAYS washing fruits and vegetables before eating them.**



GIMME FIVE.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](http://digital.organwiseguys.com/wisercise/warm-up-videos)

**SPELLING LIST**

strawberry
squash
beans
plum

**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: **strawberry squash beans plum okra raspberry celery peach cabbage**

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!**

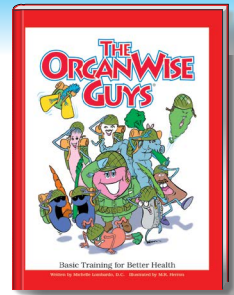
**FOODS OF THE MONTH**  
Year-round activities and newsletters

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!



## Basic Training- 6 Session Lesson Plan Lesson 4

[digital.organwiseguys.com/book/basic-training-for-better-health](http://digital.organwiseguys.com/book/basic-training-for-better-health)



Below are details for **Lesson 4** of the 6-session Basic Training 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:**

Free radicals, immune system, fruits, vegetables, whole grains, vitamins, antioxidants, water/hydration, physical activity, try new healthy foods, the importance of washing fruits and vegetables

### **Storybook - Lesson Objectives/Key Concepts:**

- To re-introduce the children to The OrganWise Guys characters
- To introduce the concept of a free radical
- To have a brief discussion on basic organic chemistry as it relates to the free radical
- To teach the importance of eating fruits, vegetables, and whole grains for a healthy intestine
- To demonstrate how to neutralize the free radical with fruits and vegetables that contain important vitamins and antioxidants

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce the concept of a free radical
- To stress the importance of vitamin-rich, high-fiber fruits and vegetables to combat free radicals
- To reinforce the term 'antioxidant'

### **Short Videos - Lesson Objectives/Key Concepts:**

- To promote fruits and vegetables that are full of vitamins A,C and E
- To discuss the importance of ALWAYS washing fruits and vegetables before eating them

### **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice spelling healthy 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:**

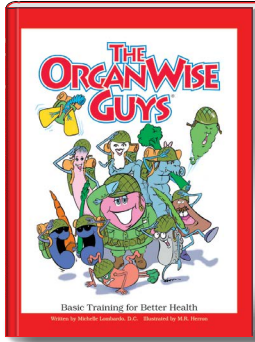
- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Basic Training activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys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





Hardy Heart®

[digital.organwiseguys.com/book/basic-training-for-better-health](https://digital.organwiseguys.com/book/basic-training-for-better-health)



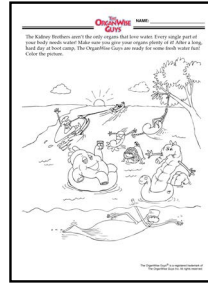
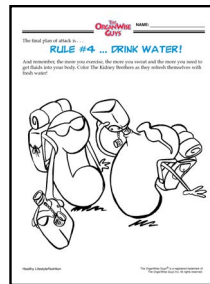
Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Basic Training For Better Health pages 23 - 26**

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:



DRINK YOUR WATER.MP4

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

Watch this Shorts! to reinforce handwashing behaviors: **Wash Your Hands Before You Eat**



WASH YOUR HANDS BEFORE YOU EAT.MP4

### If time allows ...

**WISERCISE**  
Math/spelling desk-side physical activity

**SPELLING LIST**

hydration
thirsty
energy
digestion
immune

**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](https://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: **hydration thirsty energy digestion immune system germs handwashing health**

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

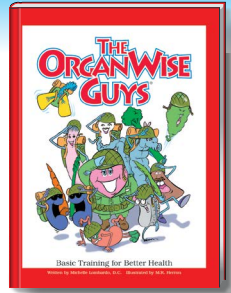
**SPIN THE WHEEL-O-HEALTH!**

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!



## Basic Training- 6 Session Lesson Plan Lesson 5

[digital.organwiseguys.com/book/basic-training-for-better-health](http://digital.organwiseguys.com/book/basic-training-for-better-health)



Below are details for **Lesson 5** of the 6-session Basic Training 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, function of kidneys, reading nutrition labels, natural versus added sugars, fruits, vegetables, whole grains, try new healthy foods, physical activity, handwashing

### **Storybook - Lesson Objectives/Key Concepts:**

- To re-introduce the children to The OrganWise Guys characters
- To discuss how drinking water helps the kidneys to function properly
- To provide a lesson on how to read nutrition labels
- To call attention to the many names of sugars
- To perform a fun exercise in the form of a cadence march to highlight the healthy rules

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To emphasize the importance of drinking water, especially after exercising
- To highlight the fact that ALL organs benefit from water/hydration
- To show examples of fun, water sports that are also good ways to get physical activity

### **Short Videos - Lesson Objectives/Key Concepts:**

- To remind children to drink 6-8 glasses of water throughout the day
- To reinforce the importance of washing your hands before you eat

### **WISERCISE – Lesson Objectives/Key Concepts:**

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

### **Foods of the Month - Lesson Objectives/Key Concepts:**

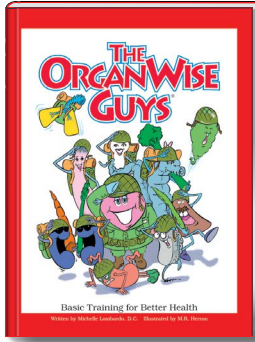
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

### **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Basic Training 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)



[digital.organwiseguys.com/book/basic-training-for-better-health](http://digital.organwiseguys.com/book/basic-training-for-better-health)



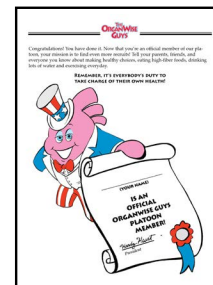
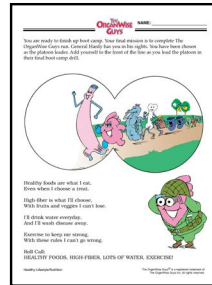
Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Basic Training For Better Health pages 26 - 31**

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:



TV COMMERCIAL FOR EXERCISES.MP4

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

To help kids reduce screen time, watch **Tame Your TV** for some helpful tips.

**LIMITING TV**



TAME YOUR TV.MP4

### If time allows ...

**WISERCISE**  
Math/spelling desk-side physical activity

**SPELLING LIST**

- baseball
- football
- soccer
- playing
- running

**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](http://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: **baseball football soccer playing running basketball jumprope dancing**  
Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

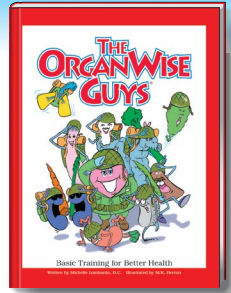
**SPIN THE WHEEL-O-HEALTH!**

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!



## Basic Training- 6 Session Lesson Plan Lesson 6

[digital.organwiseguys.com/book/basic-training-for-better-health](https://digital.organwiseguys.com/book/basic-training-for-better-health)



Below are details for **Lesson 6** of the 6-session Basic Training 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, T-cells, white blood cells, reduce screen time, try new healthy foods

### **Storybook - Lesson Objectives/Key Concepts:**

- To re-introduce the children to The OrganWise Guys characters
- To perform a fun exercise in the form of a cadence march to highlight the healthy rules
- To reinforce the benefits of physical activity in terms of stimulating T-cells and white blood cells
- To test for knowledge of the concepts taught in this book

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce the healthy rules via the march while drawing the student as cadence leader
- To reinforce The OrganWise Guys characters with a coloring sheet activity
- To encourage children to share the healthy rules with friends and family

### **Short Videos - Lesson Objectives/Key Concepts:**

- To encourage children to get up and exercise for good health
- To encourage the reduction of screen/TV time

### **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice physical activity/sports-related 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
- Basic Training 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)