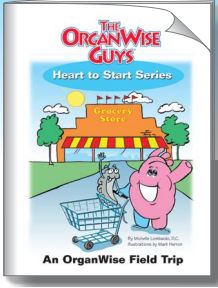




Calci M. Bone®

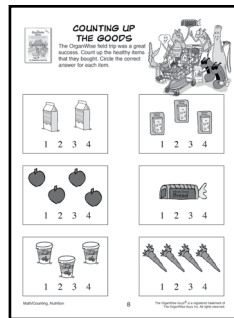
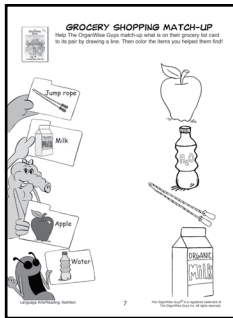


(Use this link to access all content.)

Read **An OrganWise Field Trip**

(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:



CHEF PERI.MP4



GAME SHOW-DESSERTS.MP4



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include more dairy information into this lesson, you can add/replace one of the above videos with this **Calci Yum Yum Yum Song**.



CALCI YUM YUM YUM.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

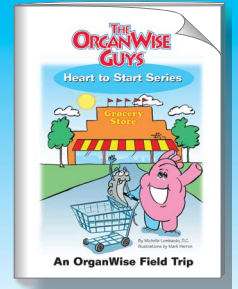
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



An OrganWise Field Trip 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:

Protein-rich foods, calcium-rich foods, high-fiber fruits, vegetables and whole-grain foods, physical activity, water/hydration, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To show how grocery shopping can be fun
- To recall lists of healthy food items
- To recall lists of physical activity options
- To empower children with the belief that they can make good choices

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce some of the healthy choices from their grocery store trip
- To practice counting these healthy choices
- To allow children to choose their favorite options and draw them

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show children how to make 'ants on a log'
- To demonstrate the reasons why fruit is your best dessert option
- To illustrate how healthy, high-fiber foods are the best snack choice
- To highlight all of the calcium-rich foods available

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
- PreK/K 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)