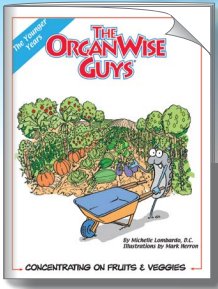




Sir Rebrum®

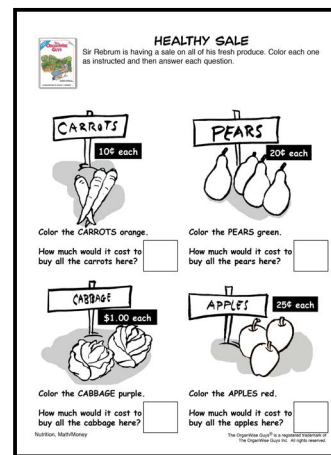
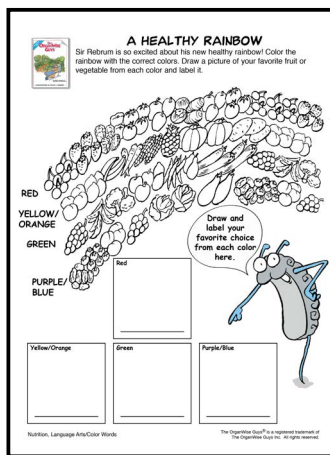


(Use this link to access all content.)

Read **Concentrating on Fruits & 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

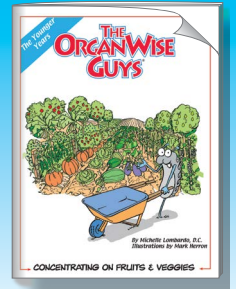
If time allows . . .

**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).



## Concentrating on Fruits & 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

### **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 (one per student)
- 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)