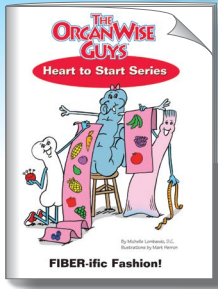




Peri Stolic®
(the intestines)

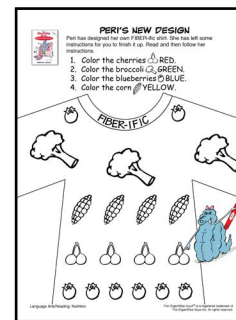
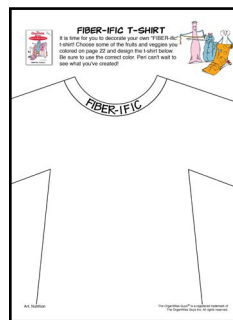
(Use this link to access all content.)



Read **Fiber-ific Fashion**

(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:



GAME SHOW FRUITS.MP4



WHAT DO THE INTESTINES DO.MP4



PIRATES OF THE CARROT AND BEAN FIBER.MP4

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

Note: To include more handwashing information into this "high-fiber" lesson, you can add/replace one of the above videos with this **Wash Your Hands After Bathroom Short**.



WASH YOUR HANDS AFTER BATHROOM-.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

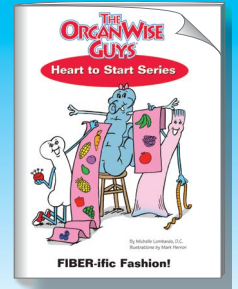
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Fiber-ific Fashion 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, digestion/elimination, water/hydration, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight Peri Stolic, the large intestine
- To emphasize the variety of colorful fruits that are available
- To emphasize the variety of colorful vegetables that are available
- To highlight the benefits of fruits and vegetables
- To challenge children to name the fruits and vegetables on Peri's dress

Activity Sheets - Lesson Objectives/Key Concepts:

- To practice site and color words of various fruits and vegetables
- To practice matching some of the fruits/vegetables with their correct color
- To follow the instructions on how to decorate the healthy t-shirt

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To highlight the variety of colorful fruits
- To explain the function of the intestine and how to keep it healthy
- To highlight how to identify high-fiber foods in a grocery store
- To highlight the importance of handwashing after using the bathroom

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)