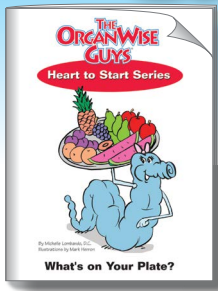




Pepto (the stomach)

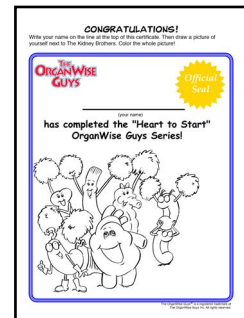
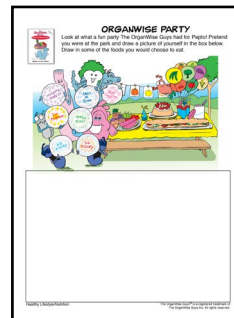
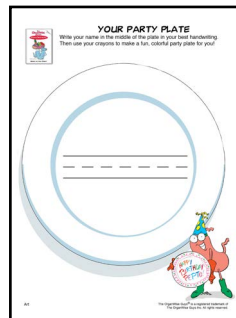
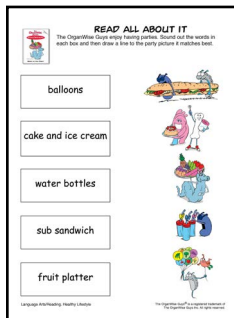
(Use this link to access all content.)



Read **What's on Your Plate**

(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:



BODY CHAIN.MP4



GAME SHOW-EAT LOTS OF COLOR.MP4



COUNT IT OUT.MP4

**VIDEOS**  
14-20 minutes of educational fun

Note: To continue the party theme, watch the full episode of **Pepto's Party Portions**.



PEPTO'S PARTY PORTIONS.MP4

If time allows ...

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

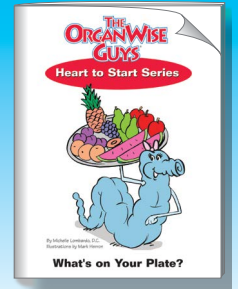
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



# What's on Your Plate 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, whole grains, water/hydration, physical activity, fresh air, try new healthy foods

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

- To highlight a variety of fruits and vegetables
- To provide an example of a sandwich made with healthy ingredients
- To remind children to make water their main beverage
- To provide an example of a party serving only healthy, OrganWise-approved items

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

- To reinforce the healthy foods presented in the story
- To encourage the children to draw their favorite healthy foods

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

- To illustrate the importance of taking your time when you eat and stopping when you're full
- To display a wide array of colorful, high-fiber vegetables
- To remind children to be mindful of their portion sizes
- To teach children the importance of moderation as they celebrate life together

## **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)