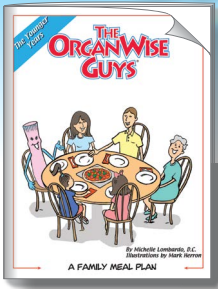




Madame Muscle®



(Use this link to access all content.)

Read **A Family Meal Plan**

(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:

THE GROCERY GAME

Madame Muscle loves playing the grocery game! To keep some foods from going bad, she knows how important it is for those items to go in the refrigerator right away. Look at the pictures below and fill in the missing letters. Then circle the items that belong in the refrigerator. Answer the question below.

il pr_t_els _og_rt

is o_an_e j_ice _ea_

ou ch_e_e _er_a_

How many items did you circle that need to be put in the refrigerator right away?

Nutrition, Language Arts/Reading

YOUR PLAN A MEAL

Madame Muscle would like to see what type of meal you can plan. Circle a food from each square that you would like to have for your meal. Then draw each food item on your dinner plate. Color your picture.

Protein 	Grain
Vegetable 	Fruit

Healthy Lifestyle/Action

Watch the 3 short companion videos:



PIRATES OF THE CARROT AND BEAN INVADE DINNER.MP4



KEEP IT COOL.MP4



WASH YOUR HANDS.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

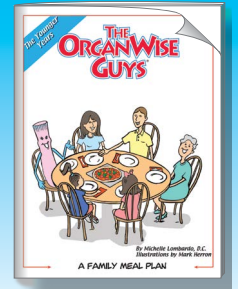
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A Family Meal Plan 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:

Handwashing, fruits, vegetables, healthy snacking, outdoor playtime, food safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To teach the concept of having a family meal plan
- To present the idea of everyone helping with family chores and making it fun
- To test children's knowledge of the foods that need to be refrigerated
- To encourage children to help prepare meals
- To remind children that mealtime is meant to be a time of connection and enjoyment

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the importance of knowing which foods belong in the refrigerator
- To encourage children to build a healthy meal

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to make healthy portion sizes and choose wholesome foods
- To repeat the importance of keeping cold food cold
- To encourage children to wash their hands before they eat so they don't get sick

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
- 2nd Grade 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)