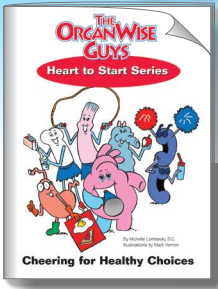




Madame Muscle®

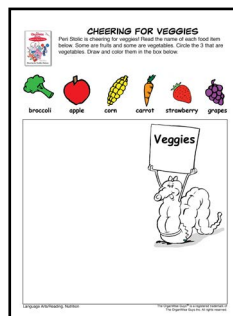
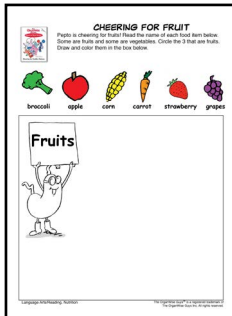
(Use this link to access all content.)



Read **Cheering for Healthy Choices**

(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:



STANDING UP-FOR PE.MP4



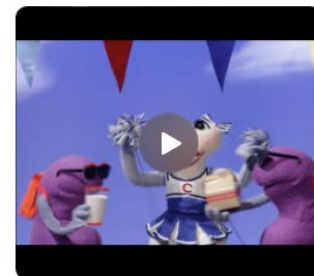
FIBER-IFIC CHEER.MP4



GIMME FIVE.MP4

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

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



CALCIUM CHEER.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

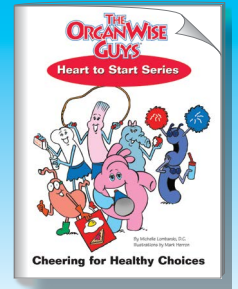
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Cheering for Healthy Choices 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:

Eating a healthy breakfast, fruits, vegetables, water/hydration, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To relay the importance of eating a healthy breakfast
- To highlight the importance of eating fruits and vegetables every day
- To demonstrate the variety of fruit and vegetable options
- To highlight the array of fun physical activity choices
- To emphasize the importance of drinking plenty of water

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight fruits by drawing/coloring them
- To highlight vegetables by drawing/coloring them
- To encourage children to identify/draw their favorite physical activities

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to advocate for healthy PE classes
- To emphasize the importance of eating high-fiber foods and show examples
- To highlight the wide array of fruits and vegetables to choose from
- To identify and choose calcium-rich foods

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)