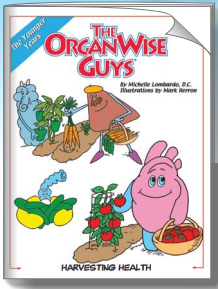




(Use this link to access all content.)



Read **Harvesting Health**

(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 page:

**The Healthy Garden Search**  
 Instructions: Make copies for each child. Have them find the list of fruits and vegetables that were planted in the garden as well as The OrganWise Guys Club Rules.

**CLUB RULES**  
 HEALTHY FOODS  
 HIGH-FIBER  
 WATER  
 EXERCISE

E Y C Y D W W H X W A T E R I  
 D B I U V I N I K C S U L I  
 A Z N T C V V G T U E F C B  
 D E I C I F J H T G I S U P  
 E A H G S H B F N K R T C E  
 F G C B S U R I A L R O U P  
 A B C A P L Q B L M E R M P  
 M N U X O I E P H R B E  
 C Q Z L A W J R G Z W A E R S  
 S O R K T F N S G H A C R S  
 D Q T O M A T O E S R I S F  
 W U P S U T N P X G T K A E  
 E X E R C I S E A M S F C G  
 H E A L T H Y F O O D S A P

Watch the 3 short companion videos:



GREEN THUMB.MP4



GAME SHOW-EAT LOTS OF COLOR.MP4



THE BUDDY SONG.MP4

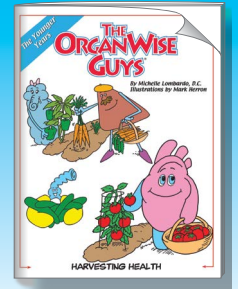
If time allows . . .

**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).



# Harvesting Health 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:**

Gardening, fruits, vegetables, water/hydration, vitamins, phytonutrients, washing fruits and vegetables before eating, physical activity, sunshine, try new healthy foods

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

- To show the progress made in The OrganWise Guys' garden
- To test the knowledge of produce planted/listed
- To list all the steps to tend a successful garden
- To highlight the importance of regularly watering the plants
- To show the process of maturation from seeds/seedlings to full-grown produce
- To explain the importance of 'ripening on the vine'
- To present a colorful array of fruits and vegetables and the bounty that a garden produces

## **Activity Sheet - Lesson Objective/Key Concept:**

- To reiterate the healthy OrganWise rules
- To recount some of the produce grown in the garden

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

- To teach the meaning of having a 'green thumb'
- To list names of vegetables per color
- To remind children of the importance of following water safety rules

## **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 sheet (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)