

LESSON TITLE: *An OrganWise Field Trip*

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

**# Of Participants:** Class size: 10-30

**Life Skill:** Understanding the healthy food selections available at a grocery store

**Character Focus:** Self-responsibility, decision-making

**Integrated Curriculum Concepts\*:**

- Nutrition: Finding healthy food items in a grocery store
- Language Arts: Active Listening, Responding
- Social Studies: Developing self-help skills

**Key Concepts:**

- Making healthy food choices
- Drinking plenty of water

**What you need for the Lesson:**

- *An OrganWise Field Trip* Book
- OrganWise Guy/Gal (*Optional: for follow up activities*)
- Heart to Start Companion Activity Book or download Activities Sheets found beneath the book (*optional: for follow up activities*)

**Learning Activities:**

- Interactive Follow-up Activities with OrganWise Guy/Gal (*Optional*)
- Heart to Start Companion Activity Book or download Activities Sheets found beneath the book (*optional: for follow up activities*)
- Videos found beneath the Activity Sheets

**Getting Ready:**

- Read and familiarize yourself with the book.
- Read instructions for follow up activities listed below the lesson plan.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

\* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going on a field trip with The OrganWise Guys ... this should be a lot of fun! Listen closely, as I may ask some questions about the story.	Start reading book (with ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact.	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, answer questions and encourage interaction when necessary.	Sit quietly and listen until interactive parts of book.
Where did The OrganWise Guys go on a field trip?  (ANSWER: the grocery store)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
For what reason were The OrganWise Guys getting all of their food?  (ANSWER: a picnic)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Do you remember for which food items Hardy and Madame Muscle were looking?  (ANSWER: mixed nuts, turkey, organic ranch dressing)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Calci has a list full of calcium-rich foods. Do you remember what they were?  (ANSWER: cheese, organic milk, Greek yogurt, frozen yogurt)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Peri Stolic had a list with some high-fiber food items. What were they?  (ANSWER: whole-grain bread, carrots and apples)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
The Kidney Brothers' list has items full of which ingredient?  (ANSWER: water)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Where did Windy and Pepto select to have their picnic?  (ANSWER: a park)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Windy, the lungs, loves a lot of fresh _____?  (ANSWER: air)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.

Do any of you ever go grocery shopping with your parents?	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Do you select healthy food items like The OrganWise Guys did on their field trip?		

**Optional Follow-up Activities:**

- Use pgs. 7, 8 and 9 in the companion activity book (*if using companion activity books*) or download Activities Sheets found beneath the book.
- The following videos are a great way to finish up this lesson (found in Bonus Video section):
  - *Gimme Five* (Approximately 15 minutes in length)
  - *Farmer’s Market Fresh* (Approximately 18 minutes in length)
  - *H2Ohhhhh!* (Approximately 20 minutes in length)
- OrganWise Guy/Gal

**Interactive Follow-up Activities with OrganWise Guy/Gal:**

**Activity #1:** **Instructions:** Following the lesson, have the students sit in a circle. Use Sir Rebrum from inside OrganWise Guy/Gal for this activity. Toss Sir Rebrum to one of the students in the circle and have them answer one of the sample questions below. Once they have answered the question, have them toss Sir Rebrum to another student in the circle to answer the same question. Continue in this manner until several students have had a chance to answer the question. Continue game with new questions as desired.

**Sample questions:**

- Next time you go grocery shopping, which fruit would you want to buy?
- Next time you go grocery shopping, which vegetable would you want to buy?
- Next time you go grocery shopping, which healthy snack would you want to buy?
- Next time you go grocery shopping, which healthy drink would you want to buy?
- Next time you go shopping, which fun outdoor toy would you want to buy?

**Activity #2:** **Instructions:** Following the lesson, select one student at a time to go up to the front of the class and pull out an organ from OrganWise Guy/Gal. Prompt them to select any of the organs listed below. You will then ask the students to name three favorite food or drink items for each organ. For examples, see below:

**What you say:**

Each of The OrganWise Guys has favorite food items that keep them healthy. They already planned one meal on their field trip to the grocery store; can you help them plan a few other meals? (*Answers will vary.*)

Find the following organs in OrganWise Guy/Gal and talk as if you are the organ:

- a. Hardy Heart: What are 2 healthy foods Hardy could eat for lunch?
- b. Calci M. Bone: What are 2 calcium-rich foods Calci can eat for breakfast?

- c. Windy, the lungs: She loves everything she eats to be fresh. Can you name 2 fresh fruits and/or vegetables Windy could eat for snacks?
- d. Sir Rebrum: Sir Rebrum likes to start the day with lots of brainpower. Can you name 2 healthy breakfast items he can eat for breakfast to start his day out right?
- e. Madame Muscle: Madame Muscle loves it when kids play outside. Name two fun outside activities that keep your muscles moving.
- f. The Kidney Brothers: The Kidney Brothers love water! Can you name 2 items from their grocery list that are all about water?
- g. Peri Stolic: Peri Stolic loves to eat lots of high-fiber foods to keep her full. Name 2 food items that Peri could eat for breakfast or dinner that are high in fiber?