

LESSON TITLE: ***FIBER-ific Fashion***

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Understanding that beauty comes from the inside

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

**Integrated Curriculum Concepts\*:**

- Nutrition: Identifying a variety of colorful fruits and vegetables
- Language Arts: Active listening, responding
- Health Science: Understanding the importance of high-fiber fruits and vegetables and their role in maintaining a healthy digestive tract
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of eating a diet high in fiber
- Learning the variety of colorful fruits/vegetables
- Drinking plenty of water

**What you need for the Lesson:**

- *FIBER-ific Fashion* 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*)

**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 to help Peri Stolic, the large intestine, select a colorful variety of fruits and vegetables. You are definitely going to want to see what Peri looks like at the end of the book! Listen closely, as I am going to 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.
Which part of your body is PERI STOLIC? She is the LARGE _____. (ANSWER: large intestine)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Peri will be on TV talking about the importance of eating fresh and colorful _____ and _____. (ANSWER: <u>fruits</u> and <u>vegetables</u> )	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Fruits and vegetables have a lot of something in them that help Peri when it's time to go to the bathroom? It begins with the letter, "f." (ANSWER: fiber)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
The OrganWise Guys are helping to sew a healthy _____ for Peri to wear on TV? (ANSWER: outfit/coat/jacket)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hands.
What are some orange and yellow fruits and vegetables that you saw in the book? (ANSWER: oranges, carrots, pumpkin, pineapple, bananas, lemons and corn)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are some red fruits and vegetables that you saw in the book? (ANSWER: apples, strawberries, cherries, tomatoes)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are some green fruits and vegetables that you saw in the book? (ANSWER: green beans, peas, grapes, broccoli, limes, and cucumbers)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are some blue and purple fruits and vegetables that you saw in the book? (ANSWER: grapes, plums, cabbage, prunes/raisins and blueberries)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.

Fruits and vegetables are full of these ... It starts with a "v." (ANSWER: vitamins)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Have any of you ever been on TV before? If yes, for what?	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are your favorite fruits and vegetables to eat?	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.

**Optional Follow-up Activities:**

- Use pgs. 22, 23, & 24 in companion activity book (*if using companion activity books*) or download Activities Sheets found beneath the book.
- Watch *Fiber Fandango* found in the Bonus Video section. (The video is approximately 16 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 Peri Stolic from inside OrganWise Guy/Gal for this activity. Toss Peri to one of the students in the circle and have him/her name a healthy high-fiber fruit or vegetable. Once they have answered the question, have them toss Peri to another student in the circle to answer the same question. Continue in the same manner until several students have had a chance to answer the question. Continue game with new questions as desired.

**What you say:**

Peri Stolic loves eating lots of fiber-rich, fresh fruits and vegetables to make her full. When you get Peri tossed to you, name a healthy high-fiber fruit or vegetable that would make Peri happy.

**Activity #2: Instructions:** Following the lesson, have the students sit in a circle. Have OrganWise Guy/Gal sitting on your lap where the kids can see the doll. Have the students answer the sample questions below. They are going to be naming fruits and vegetables of various colors. When the student answers correctly, they can come and pick an organ out to hold during the rest of the game. Have them name the organ before they sit back down (help, if needed). Continue giving questions until all organs are used. See below for the statements:

**What you say:**

As you saw in the book, Peri Stolic likes to dress up in colorful fruits and vegetables. All of your other OrganWise Guys need fruits and vegetables, too. Let's see if we can remember some of her favorite ones!

***Sample Questions:***

- *Name two red fruits.*
- *Name two red veggies.*
- *Name two orange/yellow fruits.*
- *Name two orange/yellow veggies.*
- *Name two green fruits.*
- *Name two green veggies.*
- *Name one blue/purple fruit.*
- *Name one blue/purple veggie.*