

LESSON TITLE: ***Five A Day Reporter***

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill/General Health: Importance of eating *more* fruits and vegetables each day

Character Focus: Exhibiting concern for the well-being of others

Integrated Curriculum Concepts*:

- Language Arts: Investigating topics of interest through play, inquiry, observation and exploration
- Science: Communicating discoveries and findings through demonstration, conversation and simple record-keeping

Key Concepts:

- **Understanding the importance of eating fruits and vegetables**
- **Identifying ways to increase fruit and vegetable consumption throughout the day**

What you need for the Lesson:

- *Five A Day Reporter* book
- Windy, the Lungs Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Activity Book pgs. 25 and 26 or download the Activities Sheets found beneath the book
- *Gimme Five!* Video (*optional*)

Getting Ready:

- Read and familiarize yourself with the book.

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 the illustrations.

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

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to learn about something else other than “air” that Windy likes fresh.	Sit Windy next to you as you read the book (WITH ENTHUSIASM!) Near the end, see if they can recall the fruits and vegetables that Hardy ate before Windy shows them her notepad.	Sit quietly and listen until interactive parts of book.
What is Windy’s favorite way to eat her fruit and vegetables? (ANSWER: fresh)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How many fruits and vegetables are you supposed to eat every day? (ANSWER: at least 5)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are your favorite fruits and vegetables? (ANSWER: varies)	Call on about 5 students who have raised their hand to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activities:

- Use pgs. 25 and 26 in the Companion Activity Book or download the Activities Sheets found beneath the book
- Watch *Gimme Five* found in Bonus Videos sections. (The video is approximately 15 minutes in length.)