

LESSON TITLE: ***Concentrating on Fruits and Vegetables***

***Recommended Grade Level:*** 2<sup>nd</sup> Grade

***Delivery Mode:*** Classroom

***Time Allotted:*** 20 minutes

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

***Life Skill:*** Understanding the variety of fruits and vegetables that are available.

***Character Focus:*** Self-responsibility

***Integrated Curriculum Concepts\*:***

- Nutrition: Identifying fruits and vegetables and their role in keeping one healthy
- Language Arts: Active listening, responding, recalling items from memory
- Health Science: Understanding health/vitamin value of produce
- Social Studies: Developing self-help skills

***Key Concepts:***

- Eating a variety of fruits and vegetables
- Importance of a high-fiber diet

***What you need for the Lesson:***

- *Concentrating on Fruits and Vegetables* book
- Sir Rebrum beanie (from OrganWise Gal/Guy, *optional*)

***Learning Activity:***

- Watch *Farmers Market Fresh* or *Gimme Five*

***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 from one of The OrganWise Guys characters named Sir Rebrum. Sir Rebrum is very smart but needs lots of energy from food to function properly. Listen closely, I will ask questions about the book.	Hold up the Sir Rebrum character to the class and then sit him next to you as you read the book (WITH ENTHUSIASM!).	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, have the students follow along and answer any questions or interact if they are supposed to.	Sit quietly and listen until interactive parts of book.
Which colors of fruits and vegetables should you eat?  (ANSWER: a variety of colors)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name some red fruits and vegetables.  (ANSWER: cherries, raspberries, tomatoes, strawberries, red apples, red peppers, red onions, beets)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are some yellow/orange fruits and vegetables?  (ANSWER: pineapple, lemons, oranges, peaches, corn, sweet potatoes, carrots)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name some green fruits and vegetables?  (Answer: grapes, limes, pears, green apples, peas, green beans, broccoli, zucchini)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name some blue/purple fruits and veggies.  (Answer: plums, blueberries, grapes, raisins, purple cabbage, eggplant)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do fruits and vegetables have in them that make Peri Stolic happy?  (Answer: fiber)	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 students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Have you ever seen a real rainbow?  (Answer: varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
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***Optional Follow-up Activities:***

- Use pgs. 11 and 12 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- Watch the following videos found in the Bonus Section:
  - *Farmer's Market Fresh* (Approximately 18 minutes in length)
  - *Gimme Five* (Approximately 15 minutes in length)