

LESSON TITLE: *A Family Meal Plan*

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

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Learning that doing household chores can be fun family time.

**Character Focus:** Self-responsibility, teamwork

**Integrated Curriculum Concepts\*:**

- Nutrition: Understanding the importance of making healthy food choices
- Language Arts: Active listening
- Social Studies: Developing self-help skills

**Key Concepts:**

- Making healthy food choices
- Participating in meal time

**What you need for the Lesson:**

- *A Family Meal Plan* book
- Madame Muscle beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book.

**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:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to hear from Madame Muscle again! Listen closely because I am going to ask you some questions after the story.	Sit Madame Muscle 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.
<b>What did Madame Muscle eat for a healthy afternoon snack?</b> <b>(ANSWER: grapes, strawberries, and yogurt)</b>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What did everyone always remember to do before eating the "family meal?" <b>(ANSWER: They washed their hands.)</b>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<b>What healthy vegetable was called "trees"?</b> <b>(ANSWER: broccoli)</b>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Do any of you have anything like a family meal plan at your house? (If yes, have them go into further detail) <b>(Answer: varies)</b>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

**Optional Follow-up Activities:**

- Use pgs. 15 and 16 in the Companion Activity Book or download Activity Sheets found below the book.