

LESSON TITLE: ***Ideas for a Healthier World***

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding that by working together, kids can be problem solvers

Character Focus: Self-responsibility, creativity, teamwork

Integrated Curriculum Concepts*:

- Nutrition: The importance of eating healthy foods and portion control
- Language Arts: Active listening, responding
- Health Science: Understanding the need for a balance of healthy food and physical activity
- Social Studies: Developing self-help skills, sharing ideas with others

Key Concepts:

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water

What you need for the Lesson:

- *Ideas for a Healthier World* book
- The Kidney Brothers 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:

What you Say:	What you Do:	What Participants Do:
Today we are going to meet 2 new OrganWise Guy characters named Sid and Kid Kidney, aka The Kidney Brothers. They love everything having to do with water!	Hold up The Kidney Brothers characters to the class and then sit them next to you as you read the book (with ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
What kinds of foods are high in calcium? (ANSWER(S): organic milk, cheese, ice cream, and yogurt)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kind of food does your Hardy Heart want you to eat? (ANSWER: (healthy foods))	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which meal is the most important for your brainpower and energy for the day? (ANSWER: breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What should you always do before eating a meal? (Answer: You should wash your hands.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What healthy foods are available at Windy's Farmer's Market? (Answer: fruits and vegetables)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is Pepto concerned about when it comes to the amount of food you are eating? (Answer: portion control)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What helps The Kidney Brothers and Peri Stolic do their job best? (Answer: high-fiber foods and water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are your ideas for a healthier world? (Answer: varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activity:

- Use pgs. 21 and 22 in the Companion Activity Book or download Activity Sheets found below the book