

LESSON TITLE: *Harvesting Health*

Recommended Grade Level: K-5th*

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Learning the steps needed to grow a fruit and vegetable garden

Character Focus: Self-responsibility, self-discipline, teamwork

Integrated Curriculum Concepts:**

- Nutrition: Identifying fruits and vegetables that grow in a garden setting
- Language Arts: Active listening, following instructions
- Health Science: Understanding what plant life needs to grow and thrive
- Social Studies: Understanding the process of a project

Key Concepts:

- Why gardens are an important part of healthy living
- How to care and nurture gardens so they can produce an abundant harvest
- How healthy, home grown foods can be a cause for celebration and community outreach

What you need for the Lesson:

- *Harvesting Health*

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 children are, the more engaged they 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

* This story is written in a manner that is easily understood by younger children, who will enjoy listening during reading time. Older children (grades 3-5+) will learn valuable knowledge from reading this story aloud, preferably to younger peers, so they can practice peer leadership skills. All age groups can work together in any gardening activities as well.

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

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to learn how The OrganWise Guys’ garden is doing after their successful planting day. Listen up as Windy, the lungs, tells the story. We’ll even learn an important lesson from The Kidney Brothers!	Show the cover of the book and then begin the story.	Sit quietly and listen until interactive parts of book.
Can you look at this picture and name the 8 fruits and vegetables in the garden? (ANSWER: Tomatoes, squash, zucchini, peppers, eggplant, carrots, strawberries, cucumbers)	Teacher: Be sure to cover the list! Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which one of these grows underground? (ANSWER: Carrots)	Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Who was put in charge of making sure the garden was watered regularly? What happened when they forgot? (ANSWER: [1] The Kidney Brothers; [2] The plants got dehydrated)	Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Can anyone tell me that big word that Sir Rebrum talked about? It has the word “nutrient” in the name. (ANSWER: Phytonutrients)	Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What did The OrganWise Guys decide to do to celebrate their successful harvest? (ANSWER: Have a healthy party)	Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Did they do their food preparation by themselves? (ANSWER: No, parents supervised)	Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are your favorite foods to help cook/prepare? Don’t some of these recipes look yummy? (ANSWER: Varies)	Call on children who have raised their hands to answer the question.	Respond and answer questions by raising hands.