Suggested format: 45 minutes/week for 6 weeks for fourth grade student. (This book/plan can be used for all upper grade levels.) Each week will focus on a different health habit-forming topic.

The following items are all accessible on the Platform:
   (1) Undercover Diabetes Health Agents ebook
   (2) Undercover Diabetes Health Agents Activity Sheets – Available in both English and Spanish!
   (3) Foods of the Month
   (4) OWG Shorts!

Additional item:
   (5) OrganWise Gal/Guy (optional)
**Week 1: FOCUS – Introducing Undercover Diabetes Health Agents**

(25+ minutes) Students can take turns reading from Undercover Diabetes Health Agents (HA) book in front of the class. This gives them the opportunity to practice reading in front of a group, sharpen their leadership skills and take ownership of the lesson. They can also read individually if they have access to the platform on their own device.

(15 minutes) HA Activity Sheets 1 and 13

(2 minutes) Clip(s) of OWG Shorts! - Use one of the three suggested on HA page or try “OrganWise Cadence” and/or “Pirates of the Carrot & Bean – Healthy Snacking” found in the Shorts! module.

See additional activities on page 8 of this document that can be used as time permits or as leave-behinds.
Week 2: FOCUS - Making healthy choices

(5 minutes) Use OrganWise Gal/Guy to see how quickly students can recall each of the character’s names and functions. Call on a student to recap Peter Pancreas’ function.

If you do not have access to the doll, go to MEET THE ORGANWISE GUYS (ALL GRADES) and use the cover of the Smart from the Inside Out ebook to point out the characters.

(35+ minutes) HA Activity Sheets 3, 4 and, if time permits, do page 9 (of this document) as well. (If magazines are not available to complete Activity Sheet 4, do a short “brainstorming” session with the class to create a list of healthy food choices they can draw.)

(2 minutes) Clip(s) of OWG Shorts! - Use one of the three suggested on HA page or try “Pirates of the Carrot & Bean Invade Lunch” found in the Shorts! module.

Have students fill in Activity Sheet 6 during the week to prepare for next week’s lesson.

Undercover Diabetes Health Agents
**Week 3: FOCUS - Making high-fiber choices**

(10 minutes) Go to the Foods of the Month module and click on any month. Print off corresponding activity sheets for students and read (or print) the newsletter for that food/food group for a mini-lesson about the nutrient-dense characteristics of these foods. Feel free to choose more than one month!

(25 minutes) HA Activity Sheets 5, 6 and 16 (If magazines are not available to complete page #6 (of this document), do a short “brainstorming” session with the class to create a list of high-fiber food choices they can draw.)

(8 minutes) Ask students to share any unusual/exotic fruit or vegetable they ate during the week and why they would suggest their classmates try it.

(2 minutes) Clip(s) of OWG Shorts! - Use one of the three suggested on HA page or try “Pirates of the Carrot & Bean – Fiber” found in the Shorts! module.

* Have students read activity book page 15 and 19, so they can prepare for next week’s lesson.
**Week 4: FOCUS – Physical Activity and Hydration**

(15 minutes) Watch *Extreme Couch Potato* in the Bonus Videos module. There’s a short exercise at the end of each one to get the kids up and moving!

(20 minutes) HA Activity Sheets 14, 17 (answer questions regarding completed activity) and 18.

(12 minutes) Ask students to discuss their success with completing Activity Sheet 15 from last week. Did they find creative ways to sneak in 10-minute bouts of physical activity each day?

(2 minutes) Clip(s) of OWG *Shorts!* - Use one of the three suggested on HA page or try – “Exercise Indoors” and/or “Water Safety” found in the *Shorts!* module.

*See additional activities on page 8 of this document that can be used as time permits or as leave-behinds.*
**Week 5: FOCUS – Practice Smart Habits**

(20 minutes) Watch *Farmer’s Market Fresh* video found in the Bonus Videos module. There’s a short exercise at the end to get the kids up and moving!

(25+ minutes) HA Activity book pages 7, 8, 11 and 12.

(10+ minutes) If time permits, display OrganWise Gal/Guy. Do Activity Sheet 19 and have students identify and line up each organ as students guess, “What organ am I?”
**Week 6: FOCUS – Focus on YOU as the Diabetes Prevention leader!**

(25 minutes) Read (or re-read) Basic Training for Better Health ebook to remind yourself of the amazing piece of machinery your body is and how it responds to positive lifestyle habits! You can strengthen your immune system and make all of your OrganWise Guys healthier by adhering to their four favorite rules – healthy foods, high-fiber, lots of water and exercise!

(20+ minutes) HA Activity Book pages 1, 2 and 10.
Following are additional extension activities/idea initiators specific to Undercover Diabetes Health Agents that you may wish to incorporate as time permits:

1. Have students write a draft script of a new OrganWise Guys Shorts! vignette on the weekly topic. Choose some students to share their concept with class. *(MAKE COPIES OF SCRIPT TEMPLATE TO DISTRIBUTE - Page 9-10 of this document) Note: Can be done as a small group project or individually.*

2. Have students write their own WISERCISE! Warm up Cadence. Choose some students to share their cadence with class. *(MAKE COPIES OF WARM-UP TEMPLATE TO DISTRIBUTE - Page 11 of this document)*

3. Have students pick their favorite OrganWise Guy character(s) and write a short story. Choose some students to share their story with the class. *(MAKE COPIES OF STORY TEMPLATE TO DISTRIBUTE - Page 12 of this document)*

4. Encourage students to keep a food diary for a week to examine their choices over the course of many days. Overall, do they feel their choices balanced out? Did this exercise help them to be more aware of their habits?

5. Bring in empty containers of a variety of items and have students read the labels to determine if they would be a healthy choice for a snack, as part of a meal, etc.

6. Have students share favorite healthy recipes with the class.

7. Have students volunteer to read Undercover Diabetes Health Agents ebook to younger grades and become healthy peer mentors.
THE ORGANWISE GUYS SHORTS! SCRIPT
BRAINSTORMING SESSION

Student NAME(s): __________________________________________

CHARACTER(s): Circle names of characters to be used for this script

Hardy Heart    Calci M. Bone    Sid Kidney    Kid Kidney    Sir Rebrum
Peri Stolic    Madame Muscle    Pepto    Windy

TOPIC(s): __________________________________________

Choose main topic and/or secondary topic from the list below:

- Exercise
- Fruits & Veggies
- High-Fiber
- Bone Health
- Water
- Breakfast
- Limiting TV
- Handwashing
- Healthy Snacks & Portions
- Gardening
- Fresh Air
- Food Safety

STORYLINE: (Continue on back)

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Undercover Diabetes Health Agents
Draw a sample scene for your OWG Shorts! Script

Suggested Shorts! Title: ________________________________
Roll Call!
OrganWise Rules
Healthy Foods, High-Fiber, Lots of Water, Exercise!
Healthy Foods, High-Fiber, Lots of Water, Exercise!
(Story Title)

... We love who we live in, so please take care of us!

Name: __________________________

Undercover Diabetes Health Agents