

## LESSON TITLE: *What's on your Plate?*

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Learning how to incorporate healthy choices into a celebration

**Character Focus:** Self-responsibility, decision-making

**Integrated Curriculum Concepts\*:**

- Nutrition: Learning about healthy food options
- Language Arts: Active listening, responding
- Health Science: Understanding the important role that wholesome foods have on our health
- Social Studies: Developing self-help skills

**Key Concepts:**

- Selecting healthy food items
- Incorporating healthy choices into a celebration

**What you need for the Lesson:**

- *What's on your Plate?* book
- OrganWise Guy/Gal (*optional: for follow up activities*)
- Heart to Start Companion Activity Book or download Activities Sheets found beneath the book (*optional: for follow up activities*)
- Paper Plates (*that can be drawn on*) and crayons (*optional: for follow up activity*)

**Learning Activities:**

- Interactive Follow-up Activities with OrganWise Guy/Gal (*optional*)
- Heart to Start Companion Activity Book or download Activities Sheets found beneath the book (*optional: for follow up activities*)

**Getting Ready:**

- Read and familiarize yourself with the book.
- Read instructions for follow up activities listed below the lesson plan.

**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 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 help The OrganWise Guys plan a surprise party for one of their own! Listen closely, as I may ask some questions about the book.	Start reading book (with ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact.	Sit quietly and listen until interactive parts of book.
Which organ is going to be thrown an <i>OrganWise Surprise</i> party?  (ANSWER: Pepto, the stomach)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What healthy food items were on the balloons and streamers that the GUYS were using to decorate for the party?  (ANSWER: fruits & vegetables)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What fruits and vegetables were on the tray that Peri was carrying for the party?  (ANSWER: watermelon, pineapple, pears, apples, plums, oranges)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What kind of healthy bread did they eat their turkey sandwiches on? WHOLE-something?  (ANSWER: grain)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What items did they bring for dessert?  (ANSWER: angel food cake, frozen yogurt, and strawberries)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What did they have to drink at the party?  (ANSWER: water)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Have any of you ever been to a surprise party? Who was the party for?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Have you ever been to a party that had healthy food options available? What types of food items were there?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.

**Optional Follow-up Activities:**

- Use pgs. 22, 23, & 24 in companion activity book (*if using companion activity books*) or download Activities Sheets found beneath the book.
- Watch *Pepto's Party Portions* found in the Bonus Video section. (The video is approximately 17 minutes in length.)
- OrganWise Guy/Gal

**Interactive Follow-up Activities with OrganWise Guy/Gal:**

**Activity #1: Instructions:** Following the lesson, have the students sit in a circle. Use Pepto, the stomach from inside OrganWise Guy/Gal for this activity. Toss Pepto to one of the students in the circle and have them answer one of the sample questions below. Once they have answered the question, have them toss Pepto to another student in the circle to answer the same question. Continue in the same manner until several students have had a chance to answer the question. Continue game with new questions as desired.

**Sample Questions:**

- Have you ever been to a birthday party with healthy foods? Name the healthy foods.
- Name a healthy food item that you would like to have at your birthday party.
- Name a fun physical activity that you could include at your next birthday party.
- What are some fun games you could have at your party?
- What could be the theme for your next birthday party?
- Which OrganWise Guys would you like to invite to your party and why?

**Activity #2: Instructions:** Following the lesson, have the students design a paper plate for one of their OrganWise Guys friends. Bring OrganWise Guy/Gal to the front of the room and re-introduce each OrganWise Guy to the students. Have students raise their hand to name the organs. Then have each student decide for which OrganWise Guy they want to throw a party. Have them decorate a party plate for that OrganWise Guy. Have them include some of their favorite healthy foods on the plate as well. They may wish to draw a picture of himself/ herself with their OrganWise Guy friend, too. You can hang them in the classroom when they are complete.

**What you say:**

Now it's time for you to throw a party for one of The OrganWise Guys. Pick one and design their party plate. Make sure to include your favorite healthy foods. Use lots of bright colors!