

LESSON TITLE: ***My Favorite Drink in the World***

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill/Nutrition: Identifying calcium-rich foods

Character Focus: Dealing with jealousy

Integrated Curriculum Concepts*:

- Language Arts: Active listening
- Health Science: Nutrition as it relates to healthy living
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of calcium-rich foods for bone health
- Identifying calcium-rich foods

What you need for the Lesson:

- *My Favorite Drink in the World!* book
- Calci M. Bone Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

Learning Activity:

- Companion Activity Book pgs. 9 and 10 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

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 start learning about “bone health.” Here to teach you about it is none other than, Calci...Calci M. Bone!	Hold up the Calci M. Bone stuffed character.	Sit quietly and listen until interactive parts of book.
Make sure and pay attention to all of the “bone-healthy” foods in the book. I might ask you about them later!	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly and listen while book is read.
How many bones are in your body? Do you remember what Calci said? (ANSWER: 206!!)	Call on students to give the answers to the question.	Respond and answer questions by raising hands.
Raise your hands if you ate a calcium-rich food for breakfast this morning!	Call on about five students to tell you what calcium-rich food they ate for breakfast.	Respond and answer questions by raising hands.
Now we are going to play a little game. When I pass Calci to you, you must name a “bone-healthy” food.	Have the student that catches Calci name a “bone-healthy” food. Have them pass it back to you and you can toss it to another student. Play for about 3-5 minutes.	Respond and answer questions from the teacher.

Optional Follow-up Activities:

- Use pgs. 9 and 10 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.