

## LESSON TITLE: ***“Bone Bank” Savings***

***Recommended Grade Level:*** 1<sup>st</sup> Grade

***Delivery Mode:*** Classroom

***Time Allotted:*** 20 minutes

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

***Life Skill/Nutrition:*** Identifying calcium-rich foods

***Character Focus:*** Self-responsibility

***Integrated Curriculum Concepts\*:***

- Language Arts: Active listening
- Math: Developing concept of money
- Science: Unifying concepts and processes/anatomy
- Social Studies: Developing self-help skills

***Key Concepts:***

- Identifying calcium-rich foods
- Importance of a calcium-rich diet for long term bone health
- Making healthy food choices

***What you need for the Lesson:***

- “Bone Bank” Savings! book
- Calci M. Bone Educational Tool
- Companion Activity Book or download the Activities Sheets found beneath the book

***Learning Activity:***

- Companion Activity Book pgs. 13 and 14 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:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to learn a very important lesson about starting a savings plan for your life. Are you ready? Listen carefully so you can answer some questions at the end!	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly and listen while teacher reads the book.
How many of you have a bank and save money at home?	Give students a chance to raise their hands.	Respond and answer questions by raising hands.
How many of you receive an allowance at home? What are you saving your money for?	Give students a chance to raise their hands.	Respond and answer questions by raising hands.
Did you know that you have a “bone bank” inside of you? How many of you plan to start saving in your “bone bank” now?	Give students a chance to raise their hands.	Respond and answer questions by raising hands.
<b>What kinds of food should you eat to start storing calcium in your “bone bank”?</b>  (Answers: organic milk, cheese, yogurt, cheese pizza, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

**Optional Follow-up Activities:**

- Use pgs. 13 and 14 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.