

LESSON TITLE: *Making OrganWise Choices*

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding what OrganWise choices are

Character Focus: Self-responsibility, decision-making

Integrated Curriculum Concepts*:

- Nutrition: Differentiating between healthy and unhealthy food choices
- Language Arts: Active listening, responding
- Health Science: Making healthy decisions that protect the body's organs
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water

What you need for the Lesson:

- *Making OrganWise Choices* book
- Companion Activity Book pgs. 5 and 6 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 learn how to make smart choices from The OrganWise Guys character named Sir Rebrum. Sir Rebrum is very smart but needs lots of energy from food to function properly.	Hold up the Sir Rebrum character to the class and then sit him next to you as you read the book (WITH ENTHUSIASM!).	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, have the students follow along and answer any questions or interact if they are supposed to.	Sit quietly and listen until interactive parts of book.

TRUE/FALSE: You should start the morning with a healthy breakfast. (ANSWER: true)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Is watching TV considered a physical activity? (ANSWER: no)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which food item is a healthier breakfast choice; a donut or Raisin Bran cereal? (ANSWER: Raisin Bran cereal)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What should you always wear for safety when riding your bike? (Answer: a helmet)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the drink of choice for your Kidney Brothers? (Answer: water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
TRUE/FALSE: At a birthday party, you can eat a small piece of cake <i>after</i> a healthy meal. (Answer: true)	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. 5 and 6 in the Companion Activity Book or download Activity Sheets found below the books.
- View the three short videos (1-2 minutes) found below the Activity Sheets.
- Watch any of the following videos found in the Feature Video Section:
 - *Breakfast Skippin' Blues* (Approximately 16 minutes in length)
 - *Extreme Couch Potato* (Approximately 14 minutes in length)
 - *H2Ohhhhh!* (Approximately 20 minutes in length)
 - *Pepto's Party Portions* (Approximately 17 minutes in length)