

LESSON TITLE: *A High-Fiber Movement*

**Recommended Grade Level:** 2<sup>nd</sup> Grade

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Understanding how eating high-fiber foods aids in digestion

**Character Focus:** Self-responsibility

**Integrated Curriculum Concepts\*:**

- Nutrition: Understanding what types of foods are rich in fiber
- Language Arts: Active Listening, Responding
- Health Science: Understanding how fiber helps the digestive process
- Social Studies: Developing self-help skills

**Key Concepts:**

- Making high-fiber food choices
- Eating plenty of fruits and vegetables

**What you need for the Lesson:**

- *A High-Fiber Movement* book
- Peri Stolic beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book pgs. 21 and 22 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 hear from one of The OrganWise Guys, named Peri Stolic. Listen closely because I am going to ask you some questions after the story.	As you read the book, have the students answer any questions or interact if they are supposed to. Sit Peri next to you and read the book (WITH ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
What part of the body is Peri Stolic?  (ANSWER: large intestine)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is Peri Stolic's main job in the body?  (ANSWER: waste elimination)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What types of foods keep Peri nice and full?  (ANSWER: high-fiber ones)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kinds of foods are rich in fiber?  (Answer: fruits/veggies, whole grains, oatmeal, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name one cereal that is high in fiber.  (ANSWER: Raisin Bran)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name some fruits and veggies on Peri's test.  (ANSWER: apples, cabbage, carrots, grapes, strawberries, corn, plums, and bananas)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have any of you ever entered a contest? If yes, what kind of contest was it? What was the prize?  (ANSWER: Variable)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

**Optional Follow-up Activity (if using companion activity books):**

- Use pgs. 21 and 22 in the Companion Activity Book or download Activity Sheets found below the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.
- Watch *Fiber Fandango* found in Feature Video section. (The video is approximately 15 minutes in length.)