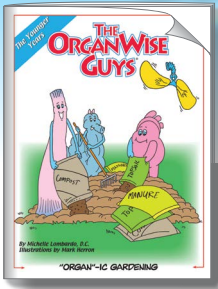


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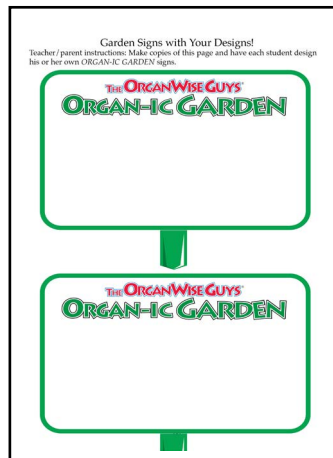
Madame
Muscle®



Read **"Organ"-ic Gardening**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity page:



Watch the 3 short companion videos:



PLANT A GARDEN.MP4



I LOVE MY GARDEN.MP4



H2OHHHHH.MP4

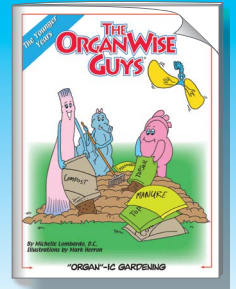
If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



"Organ"-ic Gardening Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate gardening activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Gardening, fruits, vegetables, physical activity, Vitamin D (sunshine), fresh air, water/hydration, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the steps of creating a garden
- To list/highlight a variety of vegetables
- To explain why the location and soil are foundational to a successful garden
- To compare planting directly in the ground versus planting in a raised bed
- To explain what compost is
- To show the difference between seeds and seedling plants

Activity Sheet - Lesson Objective/Key Concept:

- To encourage creativity by drawing signs with items that could be grown in a garden

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem about the joys of gardening
- To encourage children to plant their own garden
- To reinforce how drinking water benefits the entire body

Foods of the Month - Lesson Objectives/Key Concepts:

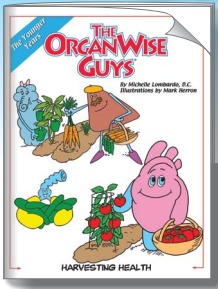
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheet (one per student)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



(Use this link to access all content.)



Read **Harvesting Health**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity page:

The Healthy Garden Search
Instructions: Make copies for each child. Have them find the list of fruits and vegetables that were planted in the garden as well as The OrganWise Guys Club Rules.

CLUB RULES
HEALTHY FOODS
HIGH-FIBER
WATER
EXERCISE

SEARCH FOR:
SPINACH
ZUCCHINI
PEPPERS
EGGPLANT
CARROTS
STRAWBERRIES
CUCUMBERS

E	Y	C	D	W	H	X	W	A	T	E	R		
D	B	I	U	V	I	N	I	K	C	S	U	L	I
A	Z	N	T	C	V	V	G	T	U	E	F	C	B
D	E	I	C	I	F	J	H	T	G	I	S	U	P
E	A	H	G	S	H	B	F	N	K	R	T	C	E
F	G	C	B	S	U	R	I	A	L	R	O	U	P
A	B	C	A	P	L	Q	B	L	M	E	R	M	P
M	N	U	X	O	I	E	P	H	E	R	B	E	
C	O	Z	L	A	W	J	R	G	Z	W	A	E	R
S	O	R	K	T	F	N	S	G	H	A	C	R	S
D	O	T	O	M	A	T	O	E	S	R	I	S	F
W	U	P	S	U	T	N	P	X	G	T	K	A	E
E	X	E	R	C	I	S	E	A	M	S	F	C	G
H	E	A	L	T	H	Y	F	O	O	D	S	A	P

Watch the 3 short companion videos:



GREEN THUMB.MP4



GAME SHOW-EAT LOTS OF COLOR.MP4



THE BUDDY SONG.MP4

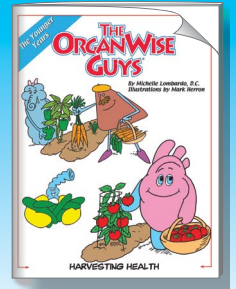
If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



Harvesting Health Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate gardening activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Gardening, fruits, vegetables, water/hydration, vitamins, phytonutrients, washing fruits and vegetables before eating, physical activity, sunshine, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To show the progress made in The OrganWise Guys' garden
- To test the knowledge of produce planted/listed
- To list all the steps to tend a successful garden
- To highlight the importance of regularly watering the plants
- To show the process of maturation from seeds/seedlings to full-grown produce
- To explain the importance of 'ripening on the vine'
- To present a colorful array of fruits and vegetables and the bounty that a garden produces

Activity Sheet - Lesson Objective/Key Concept:

- To reiterate the healthy OrganWise rules
- To recount some of the produce grown in the garden

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To teach the meaning of having a 'green thumb'
- To list names of vegetables per color
- To remind children of the importance of following water safety rules

Foods of the Month - Lesson Objectives/Key Concepts:

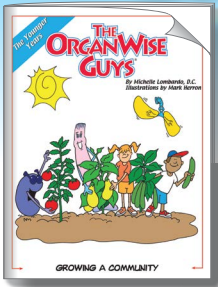
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheet (one per student)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



(Use this link to access all content.)



Read **Growing a Community**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity page:

You be the Garden Planner!
Instructions: Make copies for each child. Have them design how they would plan their community garden using the "planogram" template below. Design and color the planogram.

Sweet Potatoes	Beans	Onions	Cucumbers	Squash	Zucchini	Tomatoes

Broccoli	Carrots	Cauliflower	Butternut Squash	Eggplants	Peppers	Corn	Herbs

Watch the 3 short companion videos:



ODE TO FRESH AIR.MP4



TAKE THE FIBER PLEDGE.MP4



FRESH FOOD.MP4

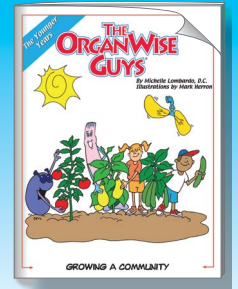
If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



Growing a Community Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate gardening activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Gardening, fruits, vegetables, physical activity, water/hydration, fresh air, high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To share the steps involved in planning a community event
- To convey the concept of a planogram for a garden
- To highlight the importance of creating community rules to keep things running smoothly
- To describe each rule and its relevance
- To discuss the importance of tending to the garden regularly
- To demonstrate how communities who work together grow together

Activity Sheet - Lesson Objective/Key Concept:

- To reinforce the items planted in the garden via a planogram template

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem on the benefits of fresh air
- To remind children of the importance of high-fiber foods for regular elimination
- To emphasize the joy of gardening and the fresh food it produces

Foods of the Month - Lesson Objectives/Key Concepts:

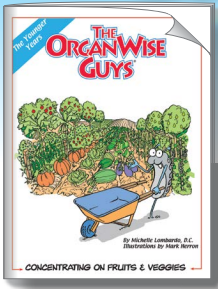
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheet (one per student)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Sir Rebrum®

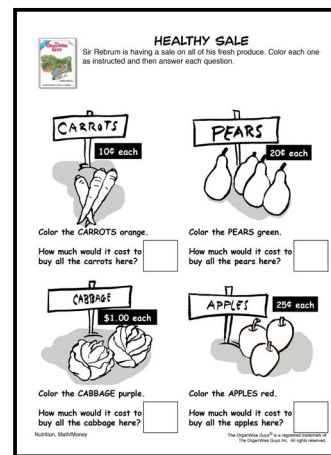
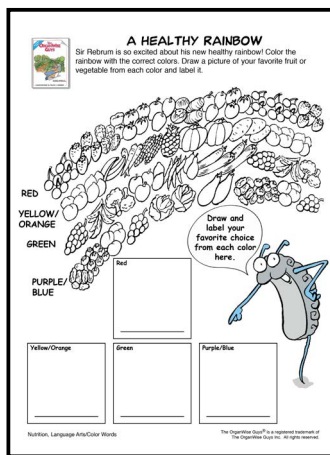


(Use this link to access all content.)

Read **Concentrating on Fruits & Veggies**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



PLANT A GARDEN.MP4



I LOVE MY GARDEN.MP4



FRESH FOOD.MP4

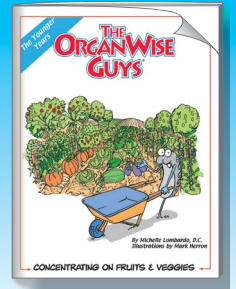
If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



Concentrating on Fruits & Veggies Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate gardening activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruits, vegetables, exercise, vitamins, fresh air, high-fiber foods/elimination, water/hydration, gardening, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight the wide array of colorful fruits
- To highlight the wide array of colorful vegetables
- To remind children that fruits and vegetables contain vitamins their bodies need
- To group fruits and vegetables into colors and test recall of their names

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the various fruits and vegetables in each color group
- To color items from each color group while doing a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to plant a garden
- To share a poem about the love/benefits of gardening
- To demonstrate the process and results of growing your own food

Foods of the Month - Lesson Objectives/Key Concepts:

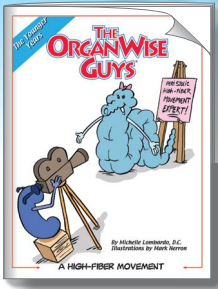
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets (one per student)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



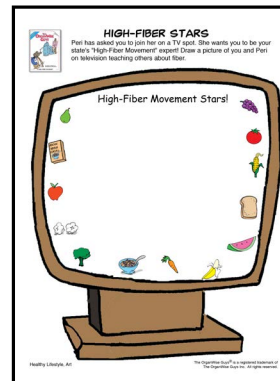
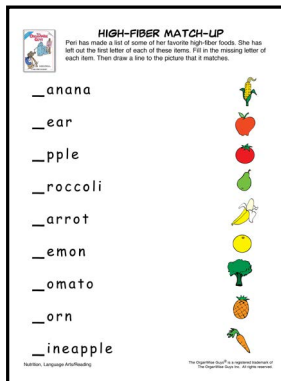
Peri Stolic®
(the intestines)



Read **A High-Fiber Movement**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



PERI SPELLS CONSTIPATION.MP4



TAKE THE FIBER PLEDGE.MP4



KEEP IT MOVING.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: To include handwashing information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands After Bathroom Short**.



WASH YOUR HANDS AFTER BATHROOM-.MP4

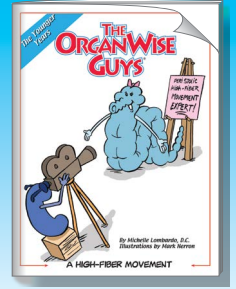
If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



A High-Fiber Movement Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate gardening activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

High-fiber fruits, vegetables and whole-grain foods, vitamins/minerals, the function/mechanics of the large intestine, try new healthy foods, handwashing

Storybook - Lesson Objectives/Key Concepts:

- To show the steps of preparing a presentation
- To highlight the function of the large intestine
- To compare high- versus low-fiber food choices
- To remind children that fruits and vegetables also contain vitamins, minerals, and water
- To name a variety of fruits and vegetables

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the message that fruits and vegetables are high in fiber
- To encourage children to lead their own high-fiber movement

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show how to spell 'constipation' and how to avoid having it
- To challenge children to take the fiber pledge and eat high-fiber foods
- To explain the function of the intestine and why high-fiber foods are so important
- To teach the importance of washing hands after using the restroom

Foods of the Month - Lesson Objectives/Key Concepts:

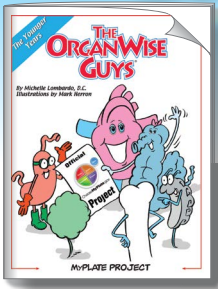
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Peter Pancreas®

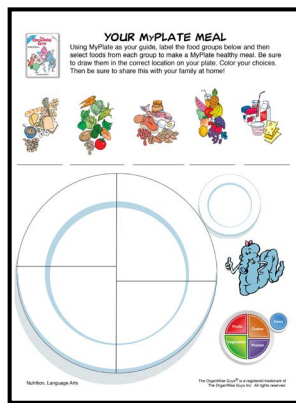


digital.organwiseguys.com/book/myplate-project

Read **MyPlate Project**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



HEALTH TREK-HEALTHY FOODS.MP4



REPEAT AFTER ME.MP4



PIRATES OF THE CARROT AND BEAN
HEALTHY SNACKS.MP4

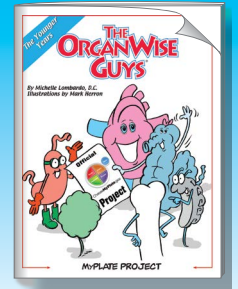
If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



MyPlate Project Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate gardening activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

MyPlate, water/hydration, fruits, vegetables, grains, proteins, dairy, good fats, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of entrepreneurship
- To demonstrate the synergy that can happen in a group project
- To highlight a variety of fruits and vegetables
- To point out that fruits and vegetables contain vitamins, minerals, fiber, and water
- To show examples of high-fiber, whole-grain foods
- To show examples of lean proteins
- To show examples of dairy items
- To emphasize the importance of good fats

Activity Sheets - Lesson Objectives/Key Concepts:

- To demonstrate knowledge of the MyPlate categories by building a healthy meal
- To reinforce the names of the MyPlate food groups

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to make healthy fast-food choices
- To reiterate the four OrganWise rules
- To guide children to make healthy snacking choices
- To identify and promote foods that are rich in calcium

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)
- Note: Some projects distribute [The MyPlate Placemat](#) as a reward for program completion and use as they continue to make healthy choices at home.