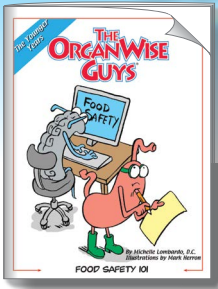




Pepto  
(the stomach)

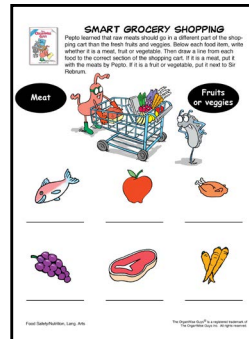
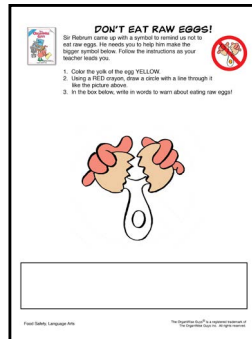


Read **Food Safety 101**

(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.)

(Use this link to access all content.)

Complete the following activity pages:



Watch the 3 short companion videos:



WHEN CAN I EAT THE COOKIE DOUGH.MP4



WASH YOUR HANDS BEFORE YOU EAT.MP4



DO YOUR HOMEWORK.MP4

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

Note: To reinforce the importance of putting foods in the refrigerator, you can add/replace one of the above videos with this **Keep it Cool Short**.



KEEP IT COOL.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).

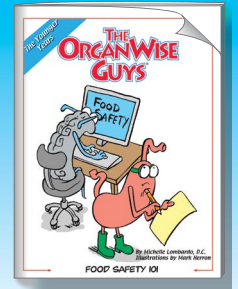
**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# Food Safety 101

## 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 center activities. Feel free to modify as needed.

### **Nutrition/Health Topics Covered:**

Food safety, handwashing, fruits, vegetables, lean meats, high-fiber foods, physical activity, fresh air, try new healthy foods

### **Storybook - Lesson Objectives/Key Concepts:**

- To teach the importance of food safety in a creative way
- To demonstrate the importance of keeping raw meats separate from fresh foods
- To remind children to keep refrigerated foods cold
- To demonstrate the need to wipe surfaces down with soapy water
- To remind children to wash their hands before preparing/eating food
- To teach children to wash their fruits and vegetables before preparing/eating
- To advise children to only eat eggs that are cooked
- To remind children to have an adult help with cutting instruments/stove/oven

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To remind children not to eat raw eggs
- To reinforce the message of keeping raw meat separate from fresh food

### **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To reiterate the message to only eat eggs once they are cooked
- To remind children to wash their hands before they eat
- To demonstrate the cumulative effect of studying consistently
- To emphasize the importance of storing specific foods in the refrigerator

### **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

### **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)