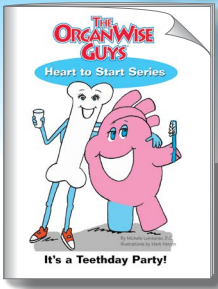




Calci M. Bone®

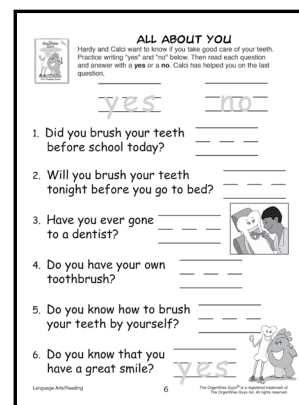
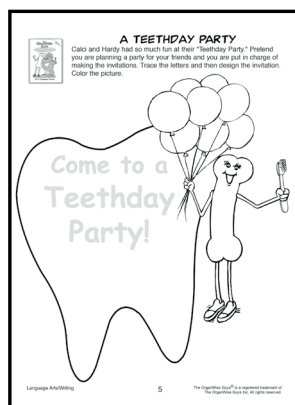
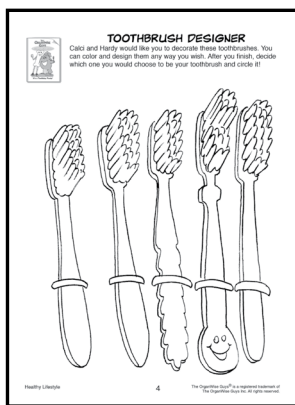


(Use this link to access all content.)

Read **It's a Teethday Party**

(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:



PIRATES OF THE CARROT AND BEAN BURIED TREASURE.MP4



GAME SHOW HEALTHY SNACKING.MP4



HONESTY.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).

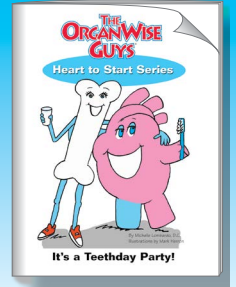
WISERCISE
Math/spelling desk-side physical activity

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



It's a Teethday Party

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:

The importance of calcium, calcium-rich foods, dental health, dental hygiene, bacteria, teeth-friendly foods such as fruits and vegetables and low-sugar foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To discuss the importance of calcium for bones and teeth
- To demonstrate the importance of good dental hygiene
- To demonstrate creative problem-solving
- To highlight the importance of dental professionals
- To make the correlation between healthy foods and strong teeth
- To highlight the importance of brushing teeth at least twice a day

Activity Sheets - Lesson Objectives/Key Concepts:

- To encourage teeth-brushing by decorating/coloring toothbrushes
- To make dental health 'festive' by designing an invitation to a Teethday Party
- To inspire healthy dental habits via a questionnaire

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To highlight teeth-friendly fruits and vegetables
- To test children's knowledge of calcium-rich foods
- To reinforce the concept that honesty is the best policy

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
- PreK/K 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)