

LESSON TITLE: ***“Breakfast Skippin’ Blues” DVD***

Grade Level: Pre-K/K-5

Delivery Mode: Classroom

Time Allotted: 20-25 minutes (Video: 16:24 minutes)

Of Participants: Class size: 10-30

Life Skill/General Health: Learning that breakfast is the most important meal of the day.

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Sharing Experiences and Information
- Math: Counting
- Science: Unifying concepts and processes
- Social Studies: Developing self-help skills

Key Concepts:

- Concept of eating breakfast every morning
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

What you need for the Lesson:

- “Breakfast Skipping Blues” DVD
- DVD player/computer

Learning/Follow up Activity:

- Class Discussion

Getting Ready:

- Read the following overview of the movie and lesson plan.
- Overview: In “Breakfast Skippin’ Blues,” Sir Rebrum, Madame Muscle and Pepto are having a hard time remembering their lines in a school play. Can you guess what they forgot to do that morning?

Note to Helper:

- This educational and entertaining video targets young children with positive, health-related behavior habits. Empowering children with tools they need to make healthy choices for a lifetime is prevention at its best.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to watch a video starring the Organwise Guys Characters. They are going to teach you some very important information but in a very fun way. Listen up because I will be asking some questions afterwards. Enjoy!	Play the video.	Sit quietly and watch the video.
What was wrong with Sir Rebrum, Madame Muscle, and Pepto that made them stop the rehearsal? (ANSWER: Madame had floppy muscles, Sir Rebrum had brain drain and Pepto, the stomach was grumbling)	Call on students who have raised their hands to answer the question. (Can have a different student answer for each organ)	Respond and answer questions by raising hands.
What did the Organwise Guys forget to do this morning that caused these problems? (ANSWER: Forgot to eat breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What happens if you do not eat breakfast? (ANSWER: There is no energy provided to the body)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the moral of the story? (ANSWER: Do not skip breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the most important meal of the day? (ANSWER: Breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What were some healthy breakfast foods that you saw in the video? (ANSWER: Strawberries, oatmeal, waffles, apple juice, low-fat yogurt, whole wheat toast, blueberries, muffins, eggs with low-fat cheese, low-fat milk)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activity:

- Visit www.organwiseguys.com for downloadable primary elementary and secondary elementary companion activity sheets.