

LESSON TITLE: *“Calci’s Big Race” DVD*

Grade Level: Pre-K/K-5

Delivery Mode: Classroom

Time Allotted: 20 minutes (Video: 14:31 minutes)

Of Participants: Class size: 10-30

Life Skill/General Health: Eating/drinking calcium-rich foods for long-term bone health

Character Focus: Self-Responsibility, Determination, Hard work, Self-Discipline & Teamwork

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:

- The importance of calcium-rich foods for long-term bone health
- The importance of calcium-rich beverages for long-term bone health
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

What you need for the Lesson:

- “Calci’s Big Race” DVD
- DVD player/computer

Learning/Follow up Activity:

- Class Discussion

Getting Ready:

- Read the following overview of the movie and lesson plan.
- Overview: In “Calci’s Big Race” the story focuses on healthy behaviors for long-term bone health. Calci is determined to finish this year’s Bone “Marrow-thon” fun run. Hardy and the Kidney Brothers are there to help her train, eat plenty of calcium-rich foods and to cheer her on. With a little help from an unexpected guest, Calci finds the will to finish.

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 is Calci training for? (ANSWER: Bone “Marrow-thon”)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do bones need to grow and to stay strong? (ANSWER: calcium and activity)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is included in Calci’s and Hardy’s healthy meal prepared by the Kidney Brothers? (ANSWER: Low-fat milk, water, and cheese pizza with broccoli)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What foods have calcium in them? (ANSWER: Low-fat milk, cheese, broccoli, orange juice, green vegetables, soy milk, ice cream and low-fat frozen yogurt)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What activities did the kids say they liked to do? (ANSWER: baseball, soccer, playing on the playground, kickball and tag)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What encourages Calci to finish the race when she gets tired at the end? (ANSWER: A dog)	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.