

## LESSON TITLE: ***“Farmer’s Market Fresh” DVD***

**Grade Level:** Pre-K/K-5

**Delivery Mode:** Classroom

**Time Allotted:** 20-25 minutes (Video: 17:59 minutes)

**# Of Participants:** Class size: 10-30

**Life Skill/General Health:** Learning the importance of eating fresh fruits and vegetables

**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:**

- Learning to eat fresh fruits and vegetables
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

**What you need for the Lesson:**

- “Farmer’s Market Fresh” DVD
- DVD player/computer

**Learning/Follow up Activity:**

- Class Discussion

**Getting Ready:**

- Read the following overview of the movie and lesson plan.
- Overview: In “Farmer’s Market Fresh,” Windy opens a Farmer’s Market to raise money for this year’s field trip to Healthy World. She also discovers the importance of eating fresh fruits and veggies!

**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:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
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.
Where do the OrganWise Guys want to go on their field trip? (ANSWER: Healthy World)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do they need more of for their trip? (ANSWER: money)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do they decide to do to raise money for the trip? (ANSWER: Sell fruits/veggies from garden)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is in fresh fruits and vegetables that is so good for you? (ANSWER: Vitamins and nutrients)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are some of the fruits & veggies the children are planting & The OrganWise Guys are trying to sell? (ANSWER: tomatoes, eggplant, cucumber, potatoes, celery, strawberries, etc.cantaloupe, oranges, radish)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What vitamin can you get from the sunlight? (ANSWER: Vitamin D)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Windy, the Lungs love? (ANSWER: Fresh air)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How much \$ did The OrganWise Guys make at their farmer’s market? (ANSWER: \$52) How much did they need for the trip? (ANSWER: \$50)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Can The OrganWise Guys go on the trip? (ANSWER: YES)	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](http://www.organwiseguys.com) for downloadable primary elementary and secondary elementary companion activity sheets.