

## LESSON TITLE: ***“Gimme Five” DVD***

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

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes (Video: 15:10 minutes)

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

**Life Skill/General Health:** Learning to eat five fruits and vegetables a 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 5-a-day**
- **Importance of physical activity**
- **Making healthy food choices**
- **Drinking plenty of water to keep organs healthy**

**What you need for the Lesson:**

- “Gimme Five” DVD
- DVD player/computer

**Learning/Follow up Activity:**

- Class Discussion

**Getting Ready:**

- Read the following overview of the movie and lesson plan.
- Overview: “Gimme Five” conveys the concept of 5-a-day to kids in a fun, musical and memorable story. In this story, Hardy overcomes his stage fright to put on a rocking 5-a-day show that kids will sing over and over again.

**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.
What do you need 5-a-day of? (ANSWER: Fruits and Vegetables)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Why do you need to eat five fruits and vegetables a day? (ANSWER: To keep all your organs healthy and working properly and to prevent disease)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do the Kidney Brothers need you to do to make them function properly? (ANSWER: Drink lots of water)	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 and vegetables Calci and Hardy and their friends found? (ANSWER: lettuce, watermelon, pineapple, apple, broccoli, tangerine, strawberries, corn and banana)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is Hardy nervous about doing? (ANSWER: Singing) What is this called? (ANSWER: Stage fright)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What should you always do when something is bothering you? (ANSWER: Tell someone about it)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Hardy drink to help calm his nerves? (ANSWER: Milk and Water)	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.