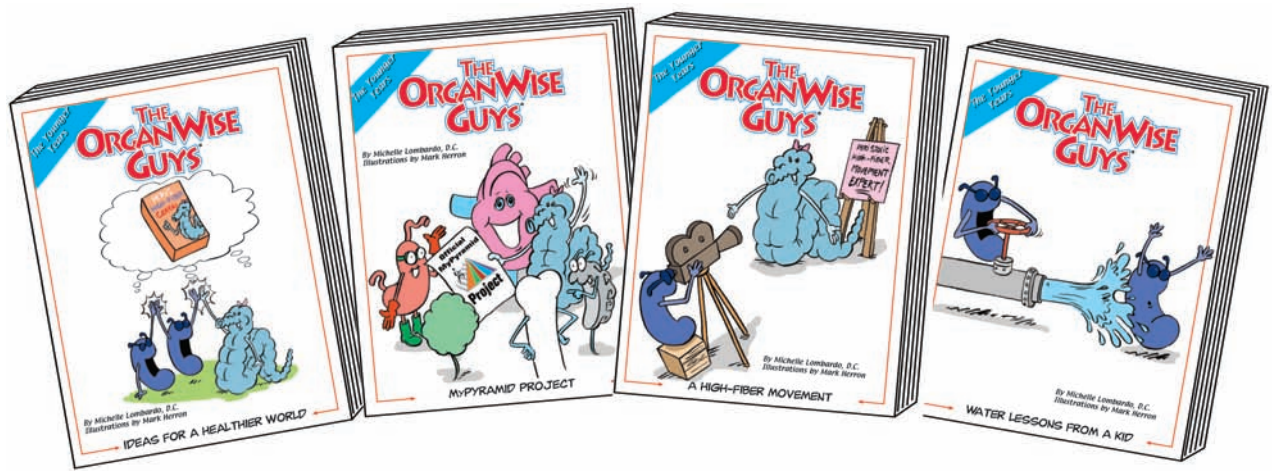




Educator Lesson Plans

The OrganWise Guys® Younger Years

The Kidney Brothers/ Peri Stolic Kit



www.organwiseguys.com

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The Kidney Brothers® /Peri Stolic® Kit Instructions

Key Nutrition/Health Concepts:

- Personal responsibility for making healthy food and physical activity choices***
- Identifying foods that are high in fiber***
- Learning the food aspect of MyPyramid***
- Learning why water is so important for the body***
- Importance of promoting healthy habits***

This kit contains both The Kidney Brothers and Peri Stolic educational tool, four soft cover books and a set of “Concentrating on MyPyramid” cards for a concentration/memory game. This series is designed to be used on a regular basis with a new book being read to the students each week. The goal is to get the students actively involved and enthused to take care of their “OrganWise Guys.” The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be. Depending on the size of the group, you can have them gather around in a reading area as you read aloud and show illustrations.

The instructions for “Concentrating on MyPyramid” Activity are included on one of the cards. This game can be played in the classroom centers. The plush Kidney Brothers and Peri Stolic Educational Tools can be used to remind students to make healthy decisions when it comes to food and physical activity, as well as to eat lots of fiber and drink plenty of water.

After you read the book, a follow up activity is suggested. During the week you can assign companion activities contained in their very own “Younger Years” activity book, which can be purchased separately. (This book remains in each student’s desk to be used throughout the 12-week series). It has activities for Sir Rebrum’s, Madame Muscle’s, and The Kidney Brothers/Peri Stolic’s kits). These nutrition and physical activity lessons are integrated into core curriculum objectives for easy implementation into your school day.

LESSON TITLE: ***Ideas for a Healthier World***

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding that by working together, kids can be problem solvers

Character Focus: Self-Responsibility, Creativity, Teamwork

Integrated Curriculum Concepts:

- Nutrition: The importance of eating low-fat foods and portion control
- Language Arts: Active Listening, Responding
- Health Science: Understanding the need for a balance of healthy food and physical activity
- Social Studies: Developing self-help skills, Sharing ideas with others

Key Concepts:

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water

What you need for the Lesson:

- *Ideas for a Healthier World*

Learning Activity:

- What's your OrganWise Guy *Idea for a Healthier World*?

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for What's your OrganWise Guy *Idea for a Healthier World*? (last page of book).

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how "smart" the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to meet 2 new OrganWise Guy characters named Sid and Kid Kidney, aka The Kidney Brothers. They love everything having to do with water!	Hold up The Kidney Brothers characters to the class and then sit them next to you as you read the book (with ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
What kinds of foods are high in calcium? (ANSWER: Milk, cheese, ice cream, and yogurt)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kind of food does your Hardy Heart want you to eat? (ANSWER: Low-fat)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which meal is most important for your brain power and energy for the day? (ANSWER: Breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What should you always do before eating a meal? (Answer: Wash your hands)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What healthy foods are available at Windy's Farmer's Market? (Answer: Fruits and Vegetables)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is Pepto concerned about when it comes to the amount of food you are eating? (Answer: Portion Control)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What helps The Kidney Brothers and Peri Stolic do their job best? (Answer: high-fiber foods and water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are your ideas for a healthier world? (Answer: Varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: <i>What's your OrganWise Guy Idea for a Healthier World?</i>	Pass out copies of What's your OrganWise Guy Idea for a Healthier World? Follow activity instructions.	Follow instructions from teacher and come up with an idea for a healthier world.

Optional Follow-up Activity (if using companion activity books):

- Use pgs. 21 and 22 in the Companion Activity Book

LESSON TITLE: *MyPyramid Project*

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding the food recommendations aspect of MyPyramid

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Nutrition: Understanding the types of food to eat according to MyPyramid
- Language Arts: Active Listening, Responding, Recalling information from memory
- Health Science: Understanding the nutritional value in the recommended foods
- Social Studies: Developing self-help skills

Key Concepts:

- Making healthy food choices
- Choosing a variety of foods

What you need for the Lesson:

- *MyPyramid Project*

Learning Activity:

- A *MyPyramid* project for you!

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for A *MyPyramid* project for you! (last page of book).

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
How many of you have seen this?	Point to the MyPyramid on the front of the book.	Respond and answer questions by raising hands.
Today we are going to hear from one of The OrganWise Guys, named Peri Stolic. For those of you who don't know, Peri Stolic is your large intestine! Listen closely	As you read the book, have the students answer any questions or interact if they are supposed to. Sit Peri next to you and read the book (WITH ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
What do the different colors represent on the new MyPyramid? (ANSWER: Food Groups)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which color represents GRAINS? (ANSWER: Orange)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What types of foods are included in the color orange? (ANSWER: Whole wheat bread, brown rice, raisin bran, and whole wheat pasta)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which color represents VEGETABLES? (Answer: Green)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are some examples of GREEN vegetables? This is an easy way for you to remember what Green represents! (ANSWER: Peas, broccoli, spinach, lettuce, and green beans)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which color represents the FRUITS? (ANSWER: Red)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are some examples of fruits? (ANSWER: apples, oranges, bananas, grapes, strawberries, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Which color represents the OILS and FATS? (ANSWER: Yellow)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the rule for the yellow section? (ANSWER: Limit and eat low-fat)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which color represents the MILK? (ANSWER: Blue)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What mineral does food from the milk group contain? (ANSWER: Calcium)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which color represents MEAT and BEANS? (ANSWER: Purple)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<i>Follow Up Activity: A MyPyramid project for you!</i>	Pass out copies of A MyPyramid project for you! to each student for them to complete. Follow activity instructions.	Follow instructions from teacher and color in the sections of MyPyramid. Then under each section, draw a food item from that group.

Optional Follow-up Activity (if using companion activity books):

- Use pgs. 23 and 24 in the Companion Activity Book

LESSON TITLE: ***A High-Fiber Movement***

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding how eating high-fiber foods aids in digestion

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Nutrition: Understanding what types of foods are rich in fiber
- Language Arts: Active Listening, Responding
- Health Science: Understanding how fiber helps the digestive process
- Social Studies: Developing self-help skills

Key Concepts:

- Making high-fiber food choices
- Eating plenty of fruits and vegetables

What you need for the Lesson:

- *A High-Fiber Movement*

Learning Activity:

- Your *High-Fiber Movement* Test!

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for Your *High-Fiber Movement* Test! (last page of book).

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to hear from one of The OrganWise Guys, named Peri Stolic. Listen closely because I am going to ask you some questions after the story.	As you read the book, have the students answer any questions or interact if they are supposed to. Sit Peri next to you and read the book (WITH ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
What part of the body is Peri Stolic? (ANSWER: Large Intestine)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is Peri Stolic’s main job in the body? (ANSWER: Waste elimination)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What types of foods keep Peri nice and full? (ANSWER: High-Fiber)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kinds of foods are rich in fiber? (Answer: Fruits/veggies, whole grains, oatmeal, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name one cereal that is high in fiber. (ANSWER: Raisin Bran)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name some fruits & veggie on Peri’s test. (ANSWER: Apples, cabbage, carrots, strawberries, corn, grapes, plums, &bananas)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have any of you ever entered a contest? If yes, what kind of contest was it? What was the prize? (ANSWER: Variable)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: Your High-Fiber Movement Test!	Pass out copies of Your <i>High-Fiber Movement Test!</i> to each student for them to complete.	Follow instructions from teacher and complete the <i>High-Fiber Movement</i> test.

Optional Follow-up Activity (if using companion activity books):

- Use pgs. 25 and 26 in the Companion Activity Book
- If you have a copy of *Fiber Fandango* video, it is a great way to finish up this lesson. (Approximately 15 minutes in length)

LESSON TITLE: *Water Lessons from a Kid*

Grade Level: Pre-K/K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding the importance of drinking enough water every day

Character Focus: Self-Responsibility, Self-Discipline

Integrated Curriculum Concepts:

- Nutrition: Fruits and vegetables contain water, nutrients, and fiber
- Language Arts: Active Listening
- Health Science: Understanding the function of the kidneys, Concept of dehydration
- Social Studies: Developing self-help skills

Key Concepts:

- Drinking plenty of water
- Making healthy food choices
- Importance of physical activity

What you need for the Lesson:

- *Water Lessons from a Kid*

Learning Activity:

- *How's Your Water Intake?*

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for *How's Your Water Intake?* (last page of book).

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to meet a couple of new OrganWise Guys characters named Sid and Kid Kidney or otherwise known as The Kidney Brothers. They love everything having to do with water! Listen closely, I may ask some questions about the book.	As you read the book, have the students answer any questions or interact if they are supposed to. Sit the Kidney Brothers next to you and read the book (WITH ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
Do you remember which organs in the body Sid and Kid are? (ANSWER: The Kidneys)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is The Kidney Brother's favorite drink? (ANSWER: Water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What's the main job of the Kidney Brothers? (ANSWER: To filter out impurities in the body)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What food items are full of water? (Answer: Fruits and vegetables)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Fruits and vegetables also contain what? (ANSWER: Nutrients and Fiber)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
On what type of healthy bread did Sid and Kid eat their sandwiches? (ANSWER: Whole grain)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is it called when your body does not have enough water? (ANSWER: Dehydration)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: How's Your Water Intake?	Pass out copies of <i>How's Your Water Intake?</i> to each student for them to complete. Follow activity instructions.	Follow instructions from teacher and monitor drinking habits.

Optional Follow-up Activity (if using companion activity books):

- Use pgs. 27 and 28 in the Companion Activity Book
- If you have a copy of *H2Ohhhhh!* video, it is a great way to finish up this lesson. (Approximately 20 minutes in length)

Please detail and share your own creative extension lesson plans...

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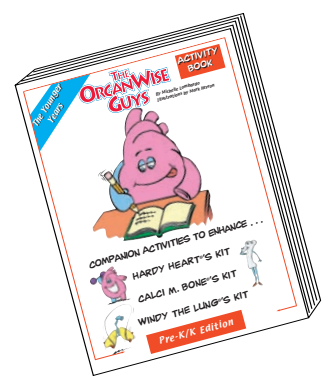
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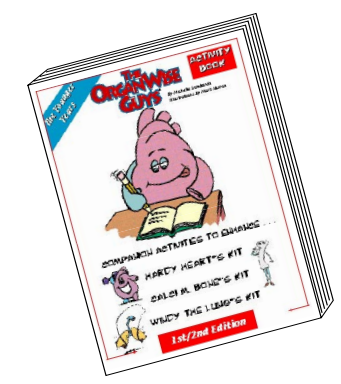
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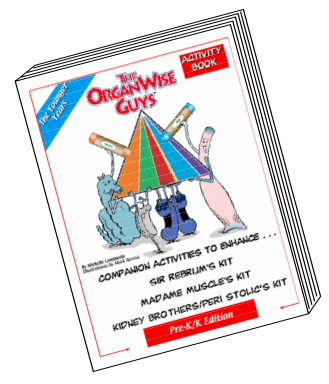
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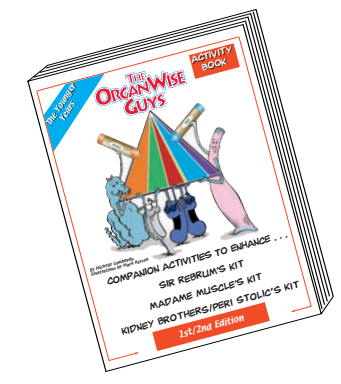
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<u>Quantity Discounts</u>	
10-30	10% - \$4.46@
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101+	30% - \$3.47@



The *Kidney Brothers/Peri Stolic Kit* includes the following:

- Four (4) - 8 1/2 X 11 - 24 page, 4-color soft cover books with teacher activities

Ideas for a Healthier World (#2061)

In their quest to make this world a healthier place, The OrganWise Guys hold a group brainstorming session to help each of the Guys think of ways to promote their passion for healthy habits. Their ideas will make you want to be a healthy problem solver, too!

MyPyramid Project (#2062)

The OrganWise Guys need your help! They want to make sure that their teaching method on the colors of MyPyramid is on target and so they would like your participation and feed back. You never know...you may be the next MyPyramid Project teacher!

A High-Fiber Movement (#2063)

Does Peri Stolic, the intestine, have the credentials to lead her state's High-Fiber Movement? She sure thinks so! With plenty of on-the-job training as to why fruits, vegetables and whole grains are so important, we think she's a natural for this movement, too!

Water Lessons From a Kid (#2064)

The Kidney Brothers love everything about water. Sid Kidney especially likes to play in it! Read on to discover what Sid's "kid" brother has been trying to tell him all along about why drinking plenty of water is so important!

- **Concentrating on MyPyramid Game (#2065)**
- **A plush set of The Kidney Brothers and Peri Stolic Educational Tool (#2066)**

NOTE: To purchase individual student companion activity books (Pre-K/K or 1st/2nd grade) for use with this series, see order form inside, call 800-786-1730 or visit www.organwiseguys.com.

