

LESSON TITLE: ***Basic Training for Better Health***
(Part of the National Accelerated Reader Program)

Grade Level: Suggested K-5

Delivery Mode: Classroom

Time Allotted: 20-30 minutes

Of Participants: Class size: 10-30

Life Skill: Learn how the immune system works, complex physiology with easy to understand analogies, disease prevention and reading food labels

Character Focus: Self-Responsibility, Decision-making, and Moderation

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Sharing Experiences and Information, Responding
- Science: Human Anatomy and Physiology
- Social Studies: Developing self-help skills

Key Concepts:

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

What you need for the Lesson:

- *Basic Training for Better Health*
- *Basic Training for Better Health* Companion Activity Book (Optional)

Learning/Follow up Activity:

- *Basic Training for Better Health* Companion Book Activities (Optional)

Getting Ready:

- Read and familiarize yourself with the book and lesson plan.

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:
The Organwise Guys have formed their own platoon and are looking for new recruits to learn and have fun in their healthy boot camp. Listen carefully because I am going to be asking you some questions about the book when we are done reading it. Are you ready to join the Organwise Guys' platoon?	Start reading book (with ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact.	Sit quietly and listen until interactive parts of book. Respond and participate as told by the teacher reading.
Once you have completed the book... Which part of the body is like a water treatment plant? (ANSWER: Kidney Brothers)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which organ works to get rid of poisons in the body? (ANSWER: Luigi Liver)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which part of the body is not really an organ, but is needed to lift heavy things? (ANSWER: Madame Muscle)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which organ needs lots of clean, healthy, fresh air? (ANSWER: Windy the Lungs)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which organ is like a long squiggly worm and is the last part of the digestive system? (ANSWER: Peri Stolic, the intestine)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which organ controls the rest of the body through nerves? (ANSWER: Sir Rebrum)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which organ produces insulin and helps keep the blood sugar levels under control? (ANSWER: Peter Pancreas)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which organ makes juices to digest food? (ANSWER: Pepto the Stomach)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the enemy of your body? (ANSWER: Sickness and Disease)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which cells are like soldiers that find the bad guys in your body and flag them? (ANSWER: T-Cells)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Which cells eat the germs with the flags? (ANSWER: White blood cells)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How can you help your immune system? (ANSWER: Eat low-fat foods, Eat a high-fiber diet, Exercise regularly and drink lots of water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which important vitamins are in fruits and vegetables and what do the letters spell? (ANSWER: Antioxidants... Vitamins A, C, E)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are examples of 2 things you should look for on a food label? (ANSWER: Total fat and Dietary fiber)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Suggested Optional Follow up Activities:

- *Calci's Big Race* Video
- *Gimme Five* Video
- *Pepto's Party Portions* Video
- *Fiber Fandango* Video
- *Farmer's Market Fresh* Video
- *H2Ohhh!* Video
- *OrganWise Guy/Gal*