

LESSON TITLE: *Pepto's Place*
Where Every Portion Size is Organwise

Grade Level: Suggested 2-5

Delivery Mode: Classroom

Time Allotted: 30 minutes

Of Participants: Class size: 10-30

Life Skill/General Health: Weight Maintenance and Portion Control

Character Focus: Self-Responsibility and Self-Discipline

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Sharing Experiences and Information
- Math: Balancing Equations
- Science: Learn calorie intake vs. calorie expenditure
- Social Studies: Developing self-help skills

Key Concepts:

- How to maintain a healthy weight
- Keeping calorie intake and expenditure balanced
- The importance of portion control
- Making healthy food choices

What you need for the Lesson:

- *Pepto's Place Where Every Portion Size is Organwise!*

Learning/Follow up Activity:

- Class Discussion
- *Pepto's Place Where Every Portion Size is Organwise!* Activity Book (Optional)
- *Balancing the Energy Equation One Step at a Time!* (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:
Today Pepto the stomach is going to introduce you to his new idea for a healthy fast food restaurant. Listen carefully to the story because I am going to ask you some questions when I am done reading. Wait until you see all the healthy, yet tasty menu items Pepto puts on the menu!	Start reading book (with ENTHUSIASM!)	Sit quietly and listen while teacher reads the book.
Sir Rebrum simplifies information for his friends by telling them there is an energy equation for maintaining a healthy weight. What two things make up this equation? (ANSWER: Balancing the food you eat with the physical activity that you do)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What happens if you eat more calories than you burn every day? (ANSWER: Gain Weight)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What were some of the reasons that kids are less active today than in the past? (ANSWER: Too much TV, videogames, computer, no parks, driving everywhere instead of walking, less sidewalks, do not feel as safe playing outside, no bike trails)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Sir Rebrum says people are eating large portions of unhealthy foods. Besides weight gain, what are the other health concerns that can arise from being overweight? (ANSWER: Diabetes, high blood pressure, and cardiovascular disease, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What two foods does Hardy Heart suggest for Pepto's menu? (ANSWER: baked potatoes and baked french fries)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What food items does Peri Stolic want in the restaurant? (ANSWER: Fruits, vegetables and whole grain buns)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Does anyone remember what big word Calci used that means bones with holes in them? (ANSWER: osteoporosis)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What can you do to help prevent osteoporosis? (ANSWER: Drink & eat calcium-rich foods)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Madame muscle likes protein to help make her strong. What two healthy high-protein foods does she want to see in Pepto's restaurant? (ANSWER: Lean ground beef hamburgers and grilled chicken)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What was Windy the lung's request? (Answer: A No-smoking policy)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What was another healthy restaurant policy? (ANSWER: Customers can only super-size items that are organwise)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Suggested Optional Follow up Activities:

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