

## LESSON TITLE: ***“Fiber Fandango” DVD***

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

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes (Video: 15:35 minutes)

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

**Life Skill/General Health:** Learning the importance of eating fiber and drinking water to keep the digestive system running smoothly.

**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:**

- The importance of eating foods that are high in fiber
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

**What you need for the Lesson:**

- “Fiber Fandango” DVD
- DVD player/computer

**Learning/Follow up Activity:**

- Class Discussion

**Getting Ready:**

- Read the following overview of the movie and lesson plan.
- Overview: In “Fiber Fandango,” Peri Stolic, the intestine, reads a scary story called “The Boy Who Didn't Eat Enough Fiber.” You'll be relieved to know that the story has a happy ending as well as some memorable and “moving” songs!

**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 organ is Peri Stolic? (ANSWER: The large intestine)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does the large intestine do? (ANSWER: Eliminates waste/gets rid of the trash inside of you)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Fruits and vegetables are high in what? (ANSWER: Fiber)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What examples of high-fiber fruits and vegetables did you see in the video? (ANSWER: asparagus, mango, broccoli, corn, apples, watermelon, pineapple)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What other types of food have a lot of fiber? (ANSWER: Whole grain foods & black beans)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How does fiber help Peri do her job? (ANSWER: Keeps her full so it is easier to move the waste through)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
In addition to fiber, what else does the body need to help keep things running smoothly? (ANSWER: 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.