

LESSON TITLE: ***“Pepto’s Party Portions” DVD***

Grade Level: Pre-K/K-5

Delivery Mode: Classroom

Time Allotted: 20-25 minutes (Video: 17:18 minutes)

Of Participants: Class size: 10-30

Life Skill/General Health: Learning the importance of portion control and hand-washing

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:

- Portion control and hand washing
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

What you need for the Lesson:

- “Pepto’s Party Portions” DVD
- DVD player/computer

Learning/Follow up Activity:

- Class Discussion

Getting Ready:

- Read the following overview of the movie and lesson plan.
- Overview: In “Pepto’s Party Portions,” Pepto recalls what happened last year when he ate his birthday cake first and then stuffed himself with way too much party food. Learn all about healthy portions and hand washing.

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:

What you Say:	What you Do:	What Participants Do:
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 were the food choices at Pepto's party? (ANSWER: Fruit salad, veggie platter, low-fat hot dogs on whole grain bread)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Pepto do at his birthday party the year before that makes him sick? (ANSWER: Eat too much chocolate cake)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Pepto learn from his mistake last year? (ANSWER: Eat with balance)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Pepto forget to do? (ANSWER: Wash his hands)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
When should you eat cake and ice cream at a birthday party? (ANSWER: After the main meal)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are some of the healthy food choices at lunch? (ANSWER: broccoli, strawberries, yogurt, low-fat cheeseburger, orange, celery, blueberries, and milk)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What can you do to prevent yourself from overeating and to control your portions? (ANSWER: Eat slow, sit down to eat/don't eat on the run, relax)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How long does it take the brain to realize the stomach is full? (ANSWER: 20 minutes)	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 balance what you eat? (ANSWER: Exercise)	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 for downloadable primary elementary and secondary elementary companion activity sheets.