



Pepto's Place - 6 Session Lesson Plan Lesson 1

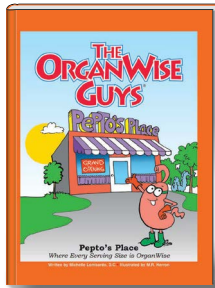
digital.organwiseguys.com/book/pepto-s-place
(Use this link to access all content.)



Pepto
(the stomach)



Prior to starting the book, introduce all of The OrganWise Guys characters. [Click here to view/download the Meet The OrganWise Guys page](#). You can project it onto the screen or print a copy for each student. If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions. You can call on students to read and introduce each character.



Read **Pepto's Place pages 1-12**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):

Watch this short companion video found below the activity sheets in this lesson:



GERM KILLER.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

LIMITING TV



TAME YOUR TV.MP4

It's important to remember to limit your TV viewing! Watch this short video to help you **Tame Your TV**

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

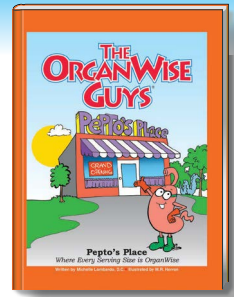
Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Pepto's Place - 6 Session Lesson Plan Lesson 1

digital.organwiseguys.com/book/pepto-s-place

(Use this link to access all content.)



Below are details for **Lesson 1** of the 6-session Pepto's Place content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water/hydration, fruits, calories, portion size, try new healthy foods, handwashing, reduce screen time, physical activity

Storybook - Lesson Objectives/Key Concepts:

- To introduce The OrganWise Guys characters
- To discuss the concept of entrepreneurialism as it relates to a healthy community
- To emphasize the importance of maintaining a healthy body
- To discuss the energy equation – balancing eating and exercising
- To list obstacles to physical activity
- To teach the importance of balancing the energy equation for disease prevention
- To show benefit of collaboration/teamwork in creating a healthy menu

Activity Sheets - Lesson Objectives/Key Concepts:

- To teach how to make healthy choices at a fast-food restaurant
- To teach how to advocate for a healthy community

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance handwashing
- To encourage the reduction of screen/TV time

Foods of the Month - Lesson Objectives/Key Concepts:

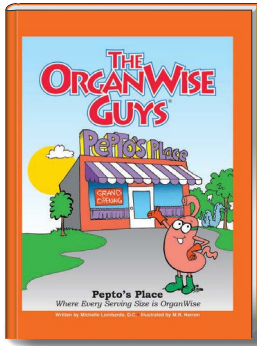
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Pepto's Place activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Pepto (the stomach)



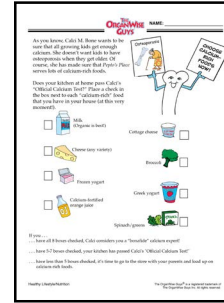
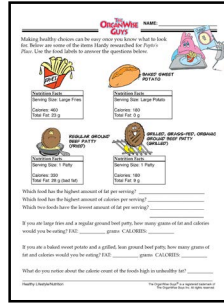
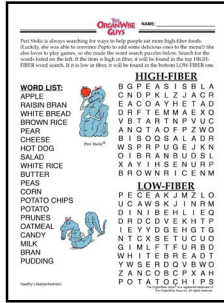
Reintroduce each of the characters from Lesson 1 and do a short recap of the story thus far. Pick back up starting on page 10.

Read **Pepto's Place pages 10-17**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read. **For example, after reading page 15, emphasize the importance of washing vegetables (and fruits) before eating them.**



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



Watch these short companion videos found below the activity sheets in this lesson:



CALCI YUM YUM YUM.MP4



IT'S MY JOB.MP4

If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

SPELLING LIST

- apple
- raisin
- pear
- salad

FOODS OF THE MONTH
Year-round activities and newsletters

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **apple raisin pear salad corn potato prunes oatmeal bran broccoli**
Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

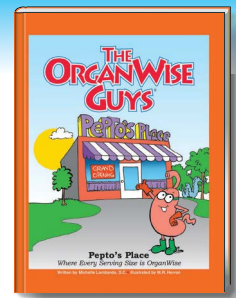


Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Pepto's Place - 6 Session Lesson Plan Lesson 2

digital.organwiseguys.com/book/pepto-s-place



Below are details for **Lesson 2** of the 6-session Pepto's Place content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Vegetables, fruit, good fats/bad fats, try new healthy foods, calcium-rich foods, read nutrition labels, physical activity, the importance of washing fruits and vegetables

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To show benefit of collaboration/teamwork in creating a healthy menu
- To discuss the difference between good fats and bad fats
- To compare nutrition labels between similar foods
- To highlight the importance of eating high-fiber fruits and vegetables
- To discuss the importance of washing fruits and vegetables before eating them
- To emphasize the importance of choosing whole grain foods
- To teach how calcium-rich foods may help prevent osteoporosis

Activity Sheets - Lesson Objectives/Key Concepts:

- To compare high and low-fiber food choices
- To compare higher and lower fat food choices via reading nutrition labels
- To help identify calcium-rich foods

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance and variety of calcium-rich foods
- To show the importance of a high-fiber, healthy diet as it relates to the digestive system

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling high-fiber words while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

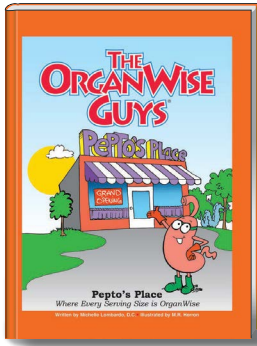
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Pepto's Place activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Pepto
(the stomach)

digital.organwiseguys.com/book/pepto-s-place



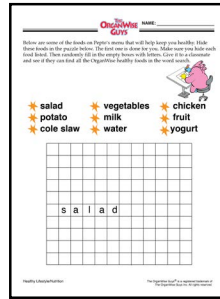
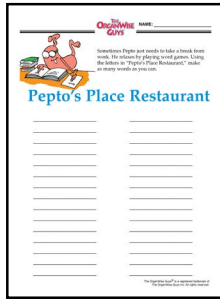
Reintroduce the characters using the Meet the OrganWise Guys sheet from lesson 1. If you have the beanies, hold up each one and have the kids call out their name. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap thus far. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Pepto's Place pages 18 - 22**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



SHORTS! BY TOPIC
80 1-minute videos - great for transition time

HANDWASHING

WATER

Watch these two *Shorts!* to emphasize hand-washing and making water your drink of choice - **Wash Your Hands Before You Eat and Drink Your Water!**



WASH YOUR HANDS BEFORE YOU EAT.MP4



DRINK YOUR WATER.MP4

If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPELLING LIST

salad
potato
vegetables
milk
water

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **salad potato vegetables milk water chicken fruit yogurt**

Then spin the wheel and have the class recite each word aloud as it appears and then get

SPIN THE WHEEL-O-HEALTH!

FOODS OF THE MONTH
Year-round activities and newsletters

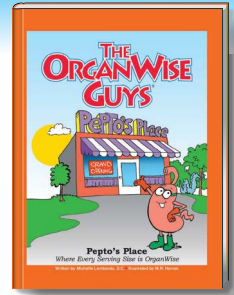
Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Pepto's Place - 6 Session Lesson Plan

Lesson 3

digital.organwiseguys.com/book/pepto-s-place



Below are details for **Lesson 3** of the 6-session Pepto's Place content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water/hydration, healthy/unhealthy proteins, bad fats/good fats, try new healthy foods, read nutrition labels, secondhand smoke, handwashing before eating, physical activity

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To discuss the importance of drinking water/staying hydrated
- To compare good fat and bad fat
- To contrast the nutrition label of menu items
- To show examples of healthy protein versus less healthy protein
- To stress the importance of a smoke-free indoor environment

Activity Sheets - Lesson Objectives/Key Concepts:

- To recall the healthy items from the Pepto's Place menu
- To encourage discussion on the problem of secondhand smoke

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance of washing hands before eating
- To show the importance of drinking water to keep your Kidney Brothers hydrated

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling healthy menu items from Pepto's Place while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Pepto's Place activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)

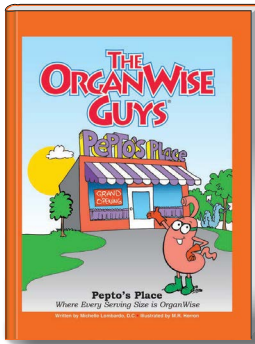


Pepto's Place - 6 Session Lesson Plan Lesson 4

digital.organwiseguys.com/book/pepto-s-place



Pepto (the stomach)



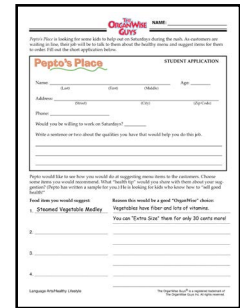
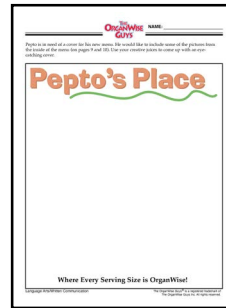
Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Pepto's Place pages 22 - 25**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read. **For example, while reviewing the menu, mention the importance of washing fruits and veggies as you prepare your own meals at home.**



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



MUSIC/ARTS
16 songs with lyrics/12 drawing videos

DRAW THE ORGANWISE GUYS

(Scroll to bottom of page)

Watch this short video on how to draw Pepto for the students who want to put him on their Pepto's Place menu cover (pause as needed):



DRAWING PEPTO.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPELLING LIST

mustard
tomato
onion
carrots

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **mustard tomato onion carrots peppers vegetable water strawberry smoothie**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

SPIN THE WHEEL-O-HEALTH!

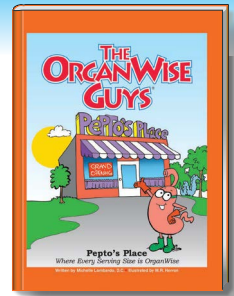
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Pepto's Place - 6 Session Lesson Plan Lesson 4

digital.organwiseguys.com/book/pepto-s-place



Below are details for **Lesson 4** of the 6-session Pepto's Place content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water/hydration, healthy proteins, good fats, high-fiber fruits, vegetables and whole grains, try new healthy foods, healthy portion size, digestion, physical activity, the importance of washing fruits and vegetables

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To recognize healthy items on a menu
- To discuss the importance of washing fruits and vegetables before eating them
- To recount which OrganWise Guy advocated for which menu items

Activity Sheets - Lesson Objectives/Key Concepts:

- To use the healthy items from the Pepto's Place menu to create a unique menu cover
- To show knowledge of the benefits of the healthy items on Pepto's menu

Short Videos - Lesson Objectives/Key Concepts:

- To provide an opportunity to learn how to draw Pepto, the stomach
- To listen to 'Count it Out' (song on portion control) while drawing Pepto

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling healthy menu items from Pepto's Place while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

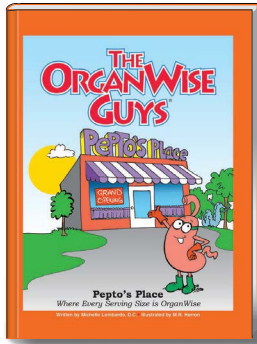
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Pepto's Place activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Pepto (the stomach)



Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Pepto's Place pages 25 - 28**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

FOOD SAFETY

WATER

Watch these two Shorts! which are part of Pepto's Place new employee training videos - **Keep it Cool** and **What do Kidney's Do**



KEEP IT COOL.MP4



WHAT DO KIDNEYS DO.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

SPELLING LIST

MyPlate
protein
grain
dairy
vegetable

FOODS OF THE MONTH
Year-round activities and newsletters

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **MyPlate protein grain dairy vegetable fruit water healthy digestion**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

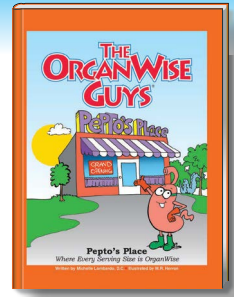


Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Pepto's Place - 6 Session Lesson Plan Lesson 5

digital.organwiseguys.com/book/pepto-s-place



Below are details for **Lesson 5** of the 6-session Pepto's Place content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water, calcium-rich foods/beverages, fruits, vegetables, whole grains, proteins, try new healthy foods, physical activity, putting cold foods in the fridge after use, kidney function, MyPlate

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To recognize healthy drink and dessert choices on a menu

Activity Sheets - Lesson Objectives/Key Concepts:

- To use the healthy items from the Pepto's Place menu to practice math
- To create a healthy, balanced meal and answer math questions
- To compare meal choices made with the MyPlate recommendations

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance of keeping cold food cold so it doesn't spoil
- To provide a short video lesson on what the kidneys do to keep the body clean

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling words from the MyPlate food groups while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

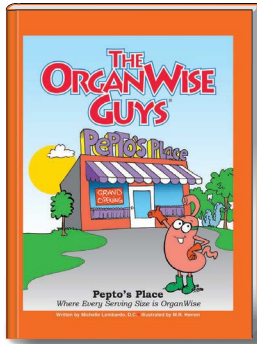
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Pepto's Place activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Pepto (the stomach)

digital.organwiseguys.com/book/pepto-s-place



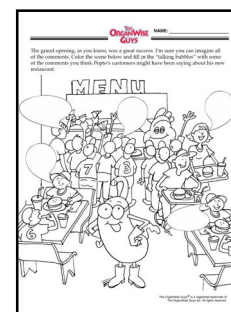
Reintroduce characters if needed. Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **Pepto's Place pages 28-31**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.

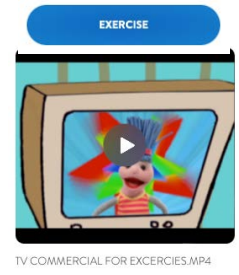
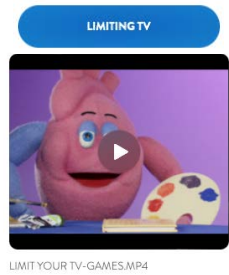


Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Now that you know about healthy eating, let's talk about how you can move more with these two short videos: **Limit Your TV-Games** and **TV Commercial for Exercise!**



If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

SPELLING LIST

baseball
athlete
sidewalk
soccer

FOODS OF THE MONTH
Year-round activities and newsletters

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **baseball athlete sidewalk soccer track dancing jump rope cheerleading hiking**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

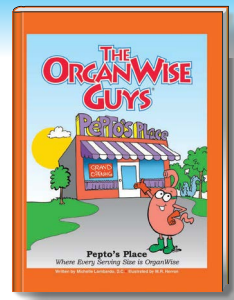
SPIN THE WHEEL-O-HEALTH!

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



Pepto's Place - 6 Session Lesson Plan Lesson 6

digital.organwiseguys.com/book/pepto-s-place



Below are details for **Lesson 6** of the 6-session Pepto's Place content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water/hydration, fruits, vegetables whole grains, proteins, dairy, MyPlate, try new healthy foods, physical activity, reduce screen time

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To encourage children to share the message of good health with others
- To remind children to seek out the healthy options now available at all restaurants
- To remind children that they can make healthy and 'smart' choices, even at home

Activity Sheets - Lesson Objectives/Key Concepts:

- To list the healthy items from the Pepto's Place menu in the the proper MyPlate groups
- To spur creativity in coming up with healthy comments and compliments about Pepto's Place

Short Videos - Lesson Objectives/Key Concepts:

- To emphasize the importance of limiting screen/TV time
- To encourage children to get up and exercise for good health

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice physical activity-related spelling words while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Pepto's Place activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)