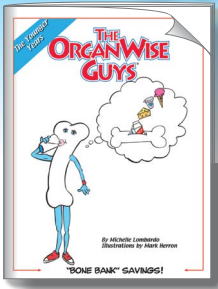




Calci M. Bone®



(Use this link to access all content.)

Read **Bone Bank Savings**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:

**BONE HEALTHY GRAPH**  
Calci asked students what their favorite "bone healthy, calcium-rich" food was. She colored in the graph for each of their answers. Read the graph she made. Answer the questions.

**Favorite bone-healthy food!**

7				
6				
5				
4				
3				
2				
1				

organic milk  
 organic cheese  
 greek yogurt  
 frozen yogurt

- Which item was chosen as the favorite?
- How many students like frozen yogurt best?
- How many total students did Calci ask?
- How many students liked organic cheese and Greek yogurt in total?
- Which is your favorite item?
- Color in the correct box on the graph to add your favorite to the total.

MathMatters Nutrition

**BONE HEALTHY SPENDING**  
Calci M. Bone has saved up some money for a "bone-healthy" shopping trip. Below is the money she is bringing with her to the store. Help her choose which items she should buy.

\$1.00   \$1.00   25¢   25¢

- How much money does Calci have to spend? \_\_\_\_\_
- List the foods you would buy if you had to help her spend ALL of this money.

Food Item:	Price:
_____	_____
_____	_____
_____	_____
_____	_____
Total: _____	

organic milk 50¢  
 organic cheese \$1.00  
 frozen yogurt \$1.00  
 strawberry greek yogurt 25¢  
 banana greek yogurt 25¢  
 veggie pizza \$1.00

Draw the items you chose in Calci's Bone Bank below.

MathMatters Nutrition

Watch the 3 short companion videos:



CALCIUM CHEER.MP4



HEALTH TREK CALCIUM.MP4



KEEP IT COOL.MP4

If time allows ...

**FOODS OF THE MONTH**  
Year-round activities and newsletters

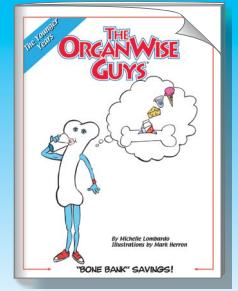
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

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



## Bone Bank Savings Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

### **Nutrition/Health Topics Covered:**

Calcium-rich foods – dairy and leafy greens, milk, bone health, food safety, try new healthy foods

### **Storybook - Lesson Objectives/Key Concepts:**

- To convey the importance of saving
- To present the concept of allowance/budgeting
- To describe how calcium-rich foods and beverages make bones strong
- To demonstrate that some vegetables also contain calcium

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To graph bone-healthy foods
- To reinforce calcium-rich foods while doing a math problem

### **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To spell 'calcium' and show examples of calcium-rich items
- To show foods that are high in calcium and how they help your bones
- To demonstrate the importance of keeping cold foods cold so they don't spoil

### **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling 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
- 1st Grade student 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)