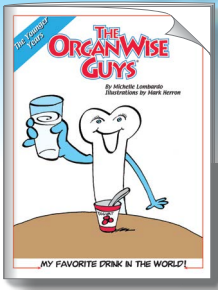




Calci M. Bone®

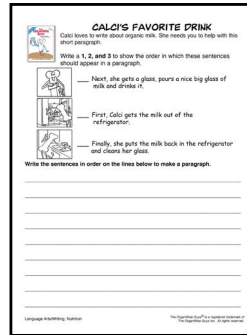


(Use this link to access all content.)

Read **My Favorite Drink in the World**

(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:



Watch the 3 short companion videos:



PIRATES OF THE CARROT AND BEAN  
INVADE LUNCH.MP4



GAME SHOW HEALTHY SNACKING.MP4



CALCI YUM YUM YUM.MP4

**MUSIC/ARTS**  
16 songs with lyrics/12 drawing videos

Note: To include more handwashing content information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Song**.



WASH YOUR HANDS.MP4

If time allows ...

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

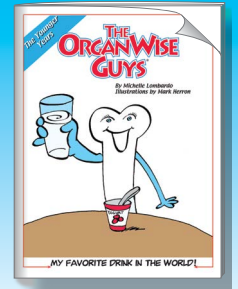
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**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)



# My Favorite Drink in the World 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, bone health, calcium-rich foods/milk, breakfast, healthy lunch, high-fiber foods, healthy snacking, physical activity, try new healthy foods

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

- To teach the importance of calcium/calcium-rich foods for bone health
- To emphasize choosing healthy, calcium-rich foods for meals and snacks
- To inform the children of the number of bones in their body
- To discuss how all forms of physical activity strengthen your bones

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

- To reinforce the habit of drinking milk while practicing sentence order
- To encourage creativity by designing an informative milk carton

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

- To share ideas on how to make a nutritious lunch
- To provide examples of bone-healthy snacks
- To share ideas and examples of how to incorporate calcium-rich foods into your day
- To emphasize the importance of handwashing

## **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)