

Leader's Guide

Oh, the Things You Can Do That Are Good for You! by Tish Rabe

Objectives: In addition to the overall objectives for Book in a Bag:

- children will learn the many aspects of personal health
- children will focus on the importance of handwashing and good nutrition in health

Lesson Outline:

1. Read through complete lesson plan for the book.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page
4. Prepare evaluation tool you will use with the children.
5. Arrive early—be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Assist children in completing evaluation tool.
9. Distribute pages for take-home, as appropriate.
10. Clean up.

Questions to Facilitate Discussion:

- What will you learn at the Feeling Great Clinic at far-off Fadoo?
- How does exercise make you feel? What are some ways you like to exercise?
- What should you do to fuel your body in the morning?
- What is your body's computer? Why would the author call your brain a computer?
- How long does it take to get your hands clean? Can you sing the song?

For a variety of produce information and activities, check out these websites:

- Michigan Blueberry Growers Association—<http://www.blueberries.com>
- Produce for Health—<http://www.fruitsandveggiesmorematters.org/>
- Wheat Foods Council—www.wheatfoods.org
- Kansas Wheat Commission—www.kswheat.com
- Tofu facts www.tofu.com—www.morinu.com
- Whole grains—<http://www.generalmills.com/nutrition/hn/wg.htm>

Other related children's books:

- Pancakes for Breakfast* by Tomie de Paola
- Pancakes, Pancakes* by Eric Carle
- Bread, Bread, Bread* by Ann Morris
- Dinosaurs Alive and Well! A Guide to Good Health*
by Laurie Krasny Brown and Marc Brown

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KANSAS ACADEMIC STANDARDS	
Health Promotion and Disease Prevention 1.1	
Kindergarten Reading:	1. 2, 1, 2, 3
	1. 3, 2
	1. 4. 1, 2, 3, 4, 5, 6, 8, 10
Literature:	2. 1, 1
1st Grade Reading:	1.1.5
	1.4. 4
Science:	6.1.1, ▲ 2
2nd Grade Reading:	1.2.1, 2
Literature:	2.1.1, ▲2
Science:	6.1.1, ▲2, 3
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