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TEACHING THE LESSON

A. Garden Patch Gossip Game

Use the *Garden Patch Gossip Game* to introduce the High 5 program.
Tell the class:

"We are starting a new program today called High 5 Alabama! Let's play a quick game of "gossip" to give you some clues about what the program will be like.

First, I'm going to divide the class into two groups. Then I will whisper a clue in the ear of the first student in each group. Those two students will turn around and whisper what they heard to the next person until everyone in their group has heard the clue. The last person in each group will come forward and write the clue that they heard on the blackboard.

Chances are, somewhere along the way, the message will have been garbled, but I will write each clue on the board so that you can see exactly what each original clue was! The group whose clues are closest to the original clues is the winner of the gossip game!"

Whisper the clues, one at a time, to the first person in each group. After the last person in each group writes a clue on the board, write the original clue underneath their clue to make sure that everyone got the right message!
The five clues are listed below.

Clue #1 - High 5 Alabama is a lot of fun!

Clue #2 - We'll get to know Indiana Banana and Reggie Veggie!

Clue #3 - We'll have a High 5 Day each week!

Clue #4 - There will be awards and prizes!

Clue #5 - There will be good food and juice to taste!

After all the clues have been given, announce the winning group. Tell the class:

"When you participate in the High 5 program you are also becoming a part of a bigger program called 5-A-Day for Better Health. 5-A-Day for Better Health is a program taking place all across the United States! High 5 Alabama is happening here in Birmingham. You will be seeing and hearing about 5-A-Day on TV and in your local grocery stores. You'll be seeing and hearing about High 5 right here in your classroom and cafeteria. The main message of High 5 is that everyone needs to eat at least five fruits and vegetables each and every day."



B. Cheer Up!

Explain to the students that they will be learning the *High 5 Cheer*. The cheer will be practiced during every lesson and a new stanza added every now and then. For today's lesson, teach students the "chorus" and first stanza of the *High 5 Cheer*.

*Clap for five! Snap for five!
Gimme five! High five!*

***One veggie for lunch,
Two veggies for dinner,
A fruit for snack,
Drink juice --
You're a winner!***

*Clap for five! Snap for five!
Gimme five! High five!*



C. Learning Activity

The Freggie Book

Display the sample copy of the *Freggie Book*. Tell the class:

"Not only will YOU learn about fruits and vegetables in the High 5 program, but your PARENTS will, too, by working in the Freggie Book with you. ('Freggie' is a short way of saying fruit and veggie.) You will earn Freggie points each time you complete a Freggie Lesson with one of your parents (preferably the parent who does most of the grocery shopping). Freggie points are very valuable. We'll talk later about all the ways you can earn Freggie points and how they can be used."

Great Stuff!

Point out that the *Freggie Book* is full of great stuff! It contains tip sheets, shopping lists, brochures, magnets, vouchers, etc. Flip through the *Freggie Book*, showing and explaining the various parts.

Vouchers

Pay special attention to the vouchers. Explain that vouchers are to be filled out by the parent after each *Freggie Lesson* is completed. All vouchers that are returned *completed* and *signed* by the parent before the next lesson will be placed in the Winner's Box for a drawing to be held at the end of the program. Stress that the more vouchers they return, the greater their chances of winning the drawing!

