

Bienestar/Neema

Student Workbook

8th Grade Health Program



Healthy Minds
Healthy Lifestyles



Duplicate

8th Grade Health Program

Bienestar/Neema Health Program:

1302 South Saint Mary's Street

San Antonio, Texas 78210

Phone: (210) 553-8886

Toll Free: 866-676-SHRC(7472)

www.sahrc.org

**Healthy Minds
Healthy Lifestyles**



8th Grade Health Program

Purpose:

"The purpose of the Bienestar/NEEMA coordinated school health program is to reduce or prevent obesity, diabetes and heart disease in youth."

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Healthy Lifestyles**

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8th Grade Health Program:

Healthy Minds Healthy Lifestyles

(3rd Edition). Teacher Book

302 S. St. Mary's Street
San Antonio, Texas 78210
(866) 676-7472 (210) 533-8886

Find us on the World Wide Web at
www.sahrc.org

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Authors

Tammy Jordan Wyatt, Ph.D., CHES
Associate Professor
Department of Kinesiology, Health & Nutrition
The University of Texas at San Antonio

Roberto P. Treviño, M.D.
Director
Social & Health Research Center

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Becoming Familiar with the Bienestar/NEEMA Health Curriculum

s. Background Information – Teacher’s Guide

A. Lesson preparation information for the teacher is listed on the first few pages of each lesson under the following headings:

1. **Texas Essential Knowledge and Skills (TEKS)/National Health Education Standards** – These skills are addressed in the health education lesson.
2. **Objectives** — The objectives state what the student should be able to do after learning the concepts of the lesson. The objectives are written in behavioral terms from the six levels of the cognitive domain knowledge, comprehension, application, analysis, synthesis or evaluation.
3. **Materials** — The materials sections lists what items you will need to complete this lesson.
4. **Teaching Time Required** — This section provides the time required to teach the lesson. The teaching time required also accounts for the time needed to complete the lesson activity. Most lessons should take 30-45 minutes to complete. There are some lessons that have detailed activities that may take longer.

II. Making Full Use of the Lesson – Teacher’s Guide

A. The lesson starts by reviewing the following four sections:

1. **Directions** — Gives instructions on the sequence in which the lessons and activities should be completed.
2. **Lesson Introduction** — Provides a sample statement the teacher can use when setting up or introducing the lesson to the students. It will always appear before the lesson begins and is written at a level that 8th grade students can understand regarding the focus of the lesson.
3. **Lesson Content** — Outlines what should be taught in the lesson. It also supplies a list of key words that students should listen for while completing the lesson. These words are either subheadings of the lesson topic or bold in the body of the lesson.
4. **Teaching Concepts** — All concepts are sequentially numbered. Under the heading are the content bullets that should be taught, using age appropriate language.

Sample

III. Completing the Lesson Activity

A. The sections that will describe the activity are below:

1. **Review Sheet** — Are the activity sections in the student workbook. The top of the first sheet references the workbook pages that will be used in the lesson.
2. **Activity Introduction** — Provides a small paragraph describing what the student should learn by completing the activity.
3. **Extension Activity** — Provides an opportunity for students to continue an activity outside of the classroom. The activities are optional and can be used if students need an additional activity for better understanding the concepts of that lesson.
4. **The Journal Entry Sheet** — This sheet is designed to help the student reach weekly goals. It is completed once a week for the duration of the program. A small take-home booklet can be created with the journal entry sheets and the dietary and physical activity contracts. The students can keep this booklet for their own personal reference. One copy of the Journal Entry Sheet is provided in the teacher's guide only. The facilitator/ teacher should make photocopies of the sheet to distribute to each student once a week for the duration of the lessons.

B. Before the first lesson and after the last lesson.

1. The pre-exam is administered before the first lesson and post-exam after the last lesson.
2. The master copy of the exam and the answer sheet are located in the teacher's guide.

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Pre Test: 8th Grade Health Test



- 1.** Which of the following is not a benefit of physical activity?
 - a) stronger bones
 - b) improved sleep
 - c) increased self-confidence
 - d) increased stress
- 2.** Which of the following should you do to try to avoid injury when being physically active?
 - a) never engage in any activity alone
 - b) be sure to warm-up before and cool-down after activity
 - c) make sure your diet consists of enough fat to give you energy
 - d) all of the above
- 3.** One who eats eggs, dairy products and plant-based foods, but does not eat meat, poultry, or fish is considered a
 - a) vegan
 - b) lacto-vegetarian
 - c) semi-vegetarian
 - d) lacto-ovo-vegetarian
- 4.** Which of the following is an example of a short-term goal?
 - a) studying for an exam after school each day for a week
 - b) striving to make all A's for the year
 - c) making the varsity squad of a basketball team
 - d) planning to attend college
- 5.** Which of the following can help to alleviate stress?
 - a) managing your time
 - b) using relaxation techniques
 - c) getting plenty of sleep
 - d) all of the above
- 6.** A condition affecting especially older women that is characterized by weak bones that are easily broken is called
 - a) osteoarthritis
 - b) osteoporosis
 - c) anemia
 - d) ketoacidosis
- 7.** Which of the following is NOT a complication of diabetes?
 - a) osteoporosis
 - b) heart disease
 - c) blindness
 - d) kidney disease



Prueba (Inicial-Final) del currículo de salud: 8th Grade Health Test



21. ¿Cuál de los siguientes es una posible complicación de la perforación bucal?

- a) transmisión de enfermedad
- b) reacción alérgica
- c) dificultad para ingerir
- d) todas las anteriores

22. Los alimentos con alto contenido de lipoproteínas de baja densidad (LDL) incluyen.

- a) salchicha, hígado, camarones y queso
- b) granos enteros, nueces y semillas
- c) frutas y verduras
- d) pescado y aceite de vegetal

23. El colesterol...

- a) se utiliza para almacenar energía
- b) produce vitaminas y hormonas
- c) niveles más altos de 200 mg/dl son deseables
- d) pueden causar osteoporosis

24. ¿Cuál de los siguientes factores puede causar problemas de salud oral?

- a) osteoporosis
- b) anemia
- c) trastornos de la alimentación
- d) hiperlipidemia

25. ¿Cuál de las siguientes es una forma de protegerse de una lesión dental cuando participar en deportes o actividades relacionadas?

- a) usando ropa reflejante
- b) tomar bastante agua
- c) estiramiento
- d) usar un casco

26. ¿Qué efectos secundarios a largo plazo se asocian con el consumo crónico de alcohol?

- a) Cirrosis hepática
- b) daños en los riñones
- c) tensión en las relaciones all of the above
- d) todas las anteriores

Sample
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Lesson 1: Vocabulary Charades

Review Sheet:



You will surf a variety of Internet websites to gather information on the health terms listed below. Briefly describe each term and provide any interesting information related to each term below:

1. Osteoporosis _____
2. Cancer _____
3. Anemia _____
4. Eustress _____
5. Distress _____
6. Body image _____
7. Kidney disease _____
8. Hypertension _____
9. Ketoacidosis _____
10. Cardiovascular Disease _____

Sample
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Review Sheet:

11. Type 2 diabetes _____
12. Retinopathy _____
13. Osteoarthritis _____
14. Lactovegetarian _____
15. Lacto-ovo-vegetarian _____
16. Vegan _____
17. Partial vegetarian _____
18. Foodborne illness _____
19. Hyperlipidemia _____
20. Oral hygiene _____





Hoja de Repaso:

Usted buscara en varios sitios del Internet información sobre los términos de salud notados abajo. Anote una breve descripción de cada termino y provee cualquier información interesante relacionado en su búsqueda:

- 1.** Osteoporosis _____
- 2.** Cancer _____
- 3.** Anemia _____
- 4.** Eustrés _____
- 5.** Agotamiento Mental _____
- 6.** Imagen Corporal _____
- 7.** Enfermedad Renal _____
- 8.** Hipertensión _____
- 9.** Cetoacidosis _____
- 10.** Enfermedad Cardiovascular _____

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Hoja de Repaso:

11. Diabetes tipo 2 _____

12. Retinopatía _____

13. Osteoartritis _____

14. Lactovegetariano _____

15. Lacto-ovo-vegetariano _____

16. Vegan _____

17. Vegetariano parcial _____

18. Enfermedades transmitidas por los alimentos _____

19. Hiperlipidemia _____

20. Higiene oral _____



Lesson 3: Be Safe In The Kitchen

Review Sheet:



A foodborne illness is any illness that results from consuming a contaminated food.

Common foodborne illnesses are:

Campylobacteriosis –

- Bacterial infection.
- One of the most common causes of diarrheal illness in the United States.
- Symptoms are diarrhea, cramping, abdominal pain, fever, nausea, and vomiting.
- Symptoms typically occur 2-5 days after exposure and can last up to one week.
- Typically caused by eating raw or undercooked poultry or from cross-contamination of other foods.

	Symptoms	Source	Good Practice
Listeria	diarrhea, fever, muscles aches	unpasteurized milk, soft cheeses	cooking raw food thoroughly
Campylobacter	nausea, fever, cramps, diarrhea	raw milk, raw meat	cooking raw meat thoroughly
Clostridium Perfringens	nausea, vomiting, pain, diarrhea	stews, soups, gravies held at warm temperature	hold food at or below 40 °F (4.4 °C) or above 140 °F (60 °C)
Salmonella	diarrhea, chills, fever, vomiting, cramps	undercooked poultry, egg products containing eggs	cooking raw food thoroughly
Escherichia Coli	cramps, diarrhea, fever, vomiting	contaminated ground beef, unpasteurized juice, milk	cooking raw food thoroughly, eat pasteurized food

E. coli –

- Bacterial infection.
- Makes a toxin called a shiga toxin.
- Symptoms include severe stomach cramps, diarrhea (can be bloody), vomiting, and low-grade fever.
- Most dangerous to the very young and very old as they are more likely to develop hemolytic uremic syndrome which causes organ failure, seizures, strokes, and heart attacks.
- Symptoms typically appear 3-4 days after exposure.
- Is spread by ingesting unpasteurized milk, drinking contaminated water, contact with cattle, and contact with the feces of infected people.
- Can also occur from consuming undercooked beef, such as hamburger meat.

Salmonella –

- Bacterial infection.
- Symptoms include diarrhea, fever, and abdominal cramps which typically occur 12-72 hours after exposure.
- Most commonly caused by eating foods that have been contaminated by feces such as raw meat, poultry, and seafood, raw eggs, and fruits and vegetables.
- Eating undercooked poultry and raw eggs can also cause salmonella.
- Similar to campylobacter, cross-contamination is another way many people become infected with salmonella.



Review Sheet:

The Keys to Food Safety

The World Health Organization (www.who.int/foodsafety/en) suggests the following five keys to safer food. Following these guidelines will help prevent foodborne illnesses.

Keep clean – wash your hands thoroughly before, during, and after handling food; wash your hands after using the restroom; wash and disinfect all surfaces, utensils, and equipment before and after food preparation; and protect food preparation areas and food from insects and other animals.

Separate raw and cooked foods – separate raw meat, poultry, and seafood from other foods; use separate utensils and other equipment (knives and cutting boards) for meat, poultry, seafood and raw foods; store raw foods and prepared foods in separate containers.

Cook thoroughly – cook food thoroughly particularly meat, poultry, eggs, and seafood; reheat cooked food thoroughly.

Keep food at safe temperatures – do not leave cooked food at room temperature for more than 2 hours; refrigerate cooked and perishable food promptly; do not thaw frozen food at room temperature.

Use safe water and raw materials – use safe water when cooking; select fresh and wholesome foods; choose safe food products (pasteurized milk); wash fruit and vegetables before eating; do not use food beyond the expiration date.

Choose one of the three foodborne illnesses discussed in the lesson.

Create a food safety flyer to be posted in your home using Microsoft Publisher, PowerPoint, or a similar publishing software.

Make certain to describe your chosen illness in detail (include symptoms, modes of transmission, and unique characteristics) as well as list at least 5 food safety tips that are appropriate for your chosen foodborne illness.

Be creative!





Hoja de Repaso:

Una enfermedad transmitida por alimentos es toda enfermedad que resulta del consumo de un alimento contaminado.

Las enfermedades transmitidas por alimentos son:

Campilobacteriosis –

- Infección bacteriana.
- Una de las causas más comunes de las enfermedades diarreicas en los Estados Unidos.

Los síntomas son diarrea, cólicos, dolor abdominal, fiebre, náuseas y vómitos.

• Los síntomas típicamente ocurren de 2 – 5 días después de ser expuesto y mpuede durar hasta una semana.

• Típicamente causado por comer pollo crudo o mal cocinado o por la contaminación cruzada de otros alimentos.

E. coli –

- Infección bacteriana.
- Produce una toxina llamada toxina shiga.
- Los síntomas incluyen cólicos estomacales severos, diarrea (puede ser sanguinolenta), vómitos y fiebre baja.
- Es más peligrosa para los jóvenes y para las personas de edad avanzada, ya que tienen más probabilidades de desarrollar el síndrome urémico hemolítico, que causa insuficiencia orgánica, convulsiones, accidentes cerebrovasculares y ataques cardíacos.
- Los síntomas aparecen típicamente entre 3 y 4 días después de ser expuestos.
- Se propaga por la ingestión de leche no pasteurizada, por beber agua contaminada, por el contacto con el ganado y contacto con el excremento de las personas infectadas.
- También puede ocurrir por el consumo de la carne de res mal cocida, como la carne de hamburguesa.

Salmonela –

- Infección bacteriana.
- Los síntomas incluyen diarrea, fiebre y cólicos abdominales que suelen ocurrir entre 12 y 72 horas después de ser expuestos.
- Mas comun causado comiendo alimentos que estan contaminados con excremento tal como carne cruda, pollo, mariscos, huevos, frutas y verduras.
- El consumo de pollo mal cocinado y huevos crudos tambien puede causar la salmonela.
- Al igual que la campilobacteria, la contaminación cruzada es otra forma en que muchas personas se infectan con la salmonela.

	Síntomas	Origen	Buena Práctica
Listeria	diarrea, fiebre, dolores musculares	leche no pasteurizada, quesos suaves	cocinando a fondo los alimentos crusos
Campylobacter	náuseas, fibre, calambres, diarrea	leche cruda, carne cruda	cocinando a fondo los alimentos crusos
Clostridium Perfringens	náuseas, vómitos, dolor, diarrhea	guisos, sopas, salsaas mantenidas a temperatura caliente	mantener los alimentos por debajo de 40°F (4.4 °C) o por encima de 140 °F (60 °C)
Salmonella	diarrea, escalofríos, fiebre, vómitos, calambres	estofados, sopas, salsaas (gravies) mantenidas a temperatura cálida	cocinando a fondo los alimentos crusos
Escherichia Coli	calambres, diarrea, fiebre, vómitos	carne molida contamnada, jugo no pasteurizado, leche	cocinando a fondo los alimentos crusos, comer alimentos pasteurizados



Hoja de Repaso:

La Clave Para Alimentos Sanos

La Organización Mundial de la Salud sugiere las siguientes cinco claves para una alimentación más segura. Seguir estas guías ayudará a prevenir las enfermedades transmitidas por los alimentos.

Mantenga limpio - lávese bien las manos antes, durante y después de manejar los alimentos; lávese las manos después de usar el baño; lave y desinfecte todas las superficies, utensilios y equipos antes y después de la preparación de alimentos; y proteger las áreas de preparación de alimentos y los alimentos de los insectos y otros animales.

Separar alimentos crusos de cocidos - separar la carne, el pollo y los mariscos crusos de los demás alimentos; utilizar utensilios y otros equipos (cuchillos y tablas de cortar) separados para la carne, el pollo, los mariscos y los alimentos crusos; almacenar los alimentos crusos y los alimentos preparados en recipientes separados.

Cocinar minucioso – cocine los alimentos minuciosamente particularmente las carnes, huevos y mariscos; recalentar los alimentos adecuadamente

Mantenga los alimentos a temperaturas adecuadas - no deje los alimentos cocinados a temperatura ambiente por más de 2 horas; refrigerar inmediatamente los alimentos cocinados y perecederos; no descongele los alimentos congelados en temperatura ambiente.

Utilizar agua potable y materias primas - utilizar agua potable al cocinar y seleccionar alimentos saludables. Seleccione alimentos que se procesan para su seguridad (leche pasteurizada); lave la fruta y las verduras antes de comer; no utilizar los alimentos más allá de la fecha de caducidad.

Escoge una de las tres enfermedades transmitidas por los alimentos que se discuten en la lección.

Crea un folleto de precaución de alimentos para pegar en su casa usando Microsoft Publisher, PowerPoint, o un software de publicación similar.

Asegúrese de describir la enfermedad que escogió en detalle (incluya los síntomas, los modos de transmisión y las características únicas), como también enumerar por lo menos 5 precauciones de preparar alimentos que sean apropiados para enfermedades transmitidas por alimentos que escogió.

Sea creativo!

Salubridad Alimentaria

Cocine

cocine a la temperatura correcta

Separar

evitar la contaminación cruzada

Limpiar

lavarse las manos y las superficies a menudo

Enfriar

inmediatamente

no dar a las bacterias ninguna oportunidad

