

# Bienestar/NEEMA Health Program

3<sup>rd</sup> Grade Health Curriculum Student Workbook

Sample Do Not Duplicate



# **Bienestar/NEEMA Health Program**

## **3rd Grade Health Curriculum**

### **Student Workbook**

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# 3rd Grade Pre-Test

School Name \_\_\_\_\_

Name of Teacher \_\_\_\_\_ Name of Student \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Directions

Read each question and choose the ONE correct answer. Circle the correct answer for that question. If you need to change your answer, completely erase the mistake and mark the new answer.

PLEASE DO NOT FOLD OR TEAR THIS PAPER. USE #2 PENCIL ONLY.

Lea cada pregunta y escoja una respuesta correcta. Luego rellene la burbuja al lado de la respuesta correcta para esa pregunta. Si usted necesita cambiar la respuesta, borre completamente el error y marque la nueva respuesta.  
POR FAVOR NO DOBLE O DESPEDACE ESTE PAPEL. USE LAPIZ #2 SOLAMENTE.

### 1. Which of the following will NOT increase your chances of developing diabetes?

¿Cuál del lo siguiente no aumentará las probabilidades de que desarrolles diabetes?

- a. having a friend with diabetes  
tener un amigo con diabetes
- b. being overweight  
tener sobrepeso
- c. eating foods high in fat  
comer alimentos con alto contenido de grasa
- d. eating too many sweets  
comer muchos dulces

### 2. What is the role of sugar/glucose in the bloodstream?

¿Cuál es la función del azúcar/la glucosa en la corriente sanguínea?

- a. to increase the size of your body's cells  
aumentar el tamaño de la células del cuerpo
- b. to repair the body's cells  
reparar las células del cuerpo
- c. to carry insulin to the body's cells  
llevar la insulín a las células del cuerpo
- d. to fuel the body's cells  
aprovisionar de combustible las células del cuerpo

### 3. Which nutrients help your body's cells grow and repair themselves?

¿Qué sustancias nutritivas ayudan a que las células del cuerpo crezcan y se reparen por sí mismas?

- a. carbohydrates  
carbohidratos
- b. vitamins  
vitaminas
- c. minerals  
minerales
- d. protein  
proteina

**20. People can have a strong heart if they do which of the following? Gente pueden tener un corazon fuerte si hacen cual de los siguiente?**

- a. watch TV often  
ver mucha television
- b. sit on the sofa a lot  
sentarse en el sofa mucho
- c. play outdoors regularly  
jugar afuera regularmente
- d. eat lots of pizza  
comer mucha pizza

**21. What are the symptoms for high blood pressure?**

**Que son las complicaciones de la presión alta?**

- a. runny nose  
escurrimiento de la nariz
- b. spots in the skin  
manchas en la piel
- c. headaches  
dolor de cabeza
- d. going to the bathroom alot  
ir al baño muy seguido

**22. What is the legal drinking age in the US?**

- a. 18 years old  
18 años de edad
- b. 22 years old  
22 años de edad
- c. 16 years old  
16 años de edad
- d. 21 years old  
21 años de edad

# Lesson 1 – The Daily Path To Good Health

## Activity Sheet – Student Workbook

### The Path To Good Health

Good health is a journey you must take every day. Here are three important things you must do on the journey to finding good health. If you follow the path you will be healthier and lower your chances of getting diabetes and heart disease.



# Lección 1 – El Camino Diario Hacia Una Buena Salud

## Hoja de Actividades – Libro de Trabajo del Estudiante

### El Camino Hacia La Buena Salud

La buena salud es un recorrido que debes hacer todos los días. Aquí se encuentran tres cosas importantes que debes hacer en el recorrido para encontrar la buena salud. Si sigues el camino, estarás más sano y reducirás las probabilidades de desarrollar diabetes y enfermedad del corazón.



# Lesson 1 – The Daily Path To Good Health

## Activity Sheet – Student Workbook

### Finding Your Way To Good Health

Some of these words or pictures along this path are NOT needed for good health. When you find one of them, put an X through it.



# Lección 1 – El Camino Diario Hacia Una Buena Salud

## Hoja de Actividades – Libro de Trabajo del Estudiante



# Lección 4 – ¿Por Qué Se Desarrolla La Diabetes?

## Hoja de Actividades – Libro de Trabajo del Estudiante

### Hoja de metas de comportamiento sano

Durante las próximas dos semanas, haré lo siguiente:

Meta diaria de la salud: \_\_\_\_\_

¿Quién me ayudará a alcanzar mi meta? \_\_\_\_\_

¿Alcancé mi meta hoy? Círculo S=Sí o N=No		Si alcancé mi meta hoy, ¿Cómo me recompensaré?	¿Si no alcancé mi meta hoy, ¿Qué puedo hacer para alcanzarla mañana?
Día 1	S      N	Día 1	Día 1
Día 2	S      N	Día 2	Día 2
Día 3	S      N	Día 3	Día 3
Día 4	S      N	Día 4	Día 4
Día 5	S      N	Día 5	Día 5
Día 6	S      N	Día 6	Día 6
Día 7	S      N	Día 7	Día 7
Día 8	S      N	Día 8	Día 8
Día 9	S      N	Día 9	Día 9
Día 10	S      N	Día 10	Día 10
Día 11	S      N	Día 11	Día 11
Día 12	S      N	Día 12	Día 12
Día 13	S      N	Día 13	Día 13
Día 14	S      N	Día 14	Día 14

# **Lesson 4 – Why Does Diabetes Develop?**

## **Activity Sheet – Student Workbook**

# **Diabetes: Better or Worse**

## **Directions:**

In each sentence circle the answer you think will increase Angie's chance of getting diabetes.

- Don't**

1. Angie weighs \_\_\_\_\_  
A. too much. B. not enough.

2. Angie eats a lot of \_\_\_\_\_  
A. fatty food B. fruit

3. Angie has a \_\_\_\_\_ who has diabetes.  
A. friend B. mother

4. Angie exercises \_\_\_\_\_  
A. 4-5 days a week B. very little

5. Angie eats too many \_\_\_\_\_  
A. sweets B. vegetables

6. Angie \_\_\_\_\_ food high in fiber.  
A. eats B. does not eat



## Lección 4 – ¿Por Qué Se Desarrolla La Diabetes?

### Hoja de Actividades – Libro de Trabajo del Estudiante

## Diabetes: Mejor o peor

### Instrucciones:

En cada frase encierra en un círculo la respuesta que creas que aumentará las probabilidades de que Angie desarrolle diabetes.

1. Angie pesa

A. demasiado      B. poco



2. Angie consume mucha

A. comida grasosa    B. frutas



3. Angie tiene un(a) \_\_\_\_\_ con diabetes.

A. amigo      B. madre



4. Angie hace ejercicio

A. 4-5 días a la semana  
B. muy poco

5. Angie consume demasiados

A. dulces      B. verduras



6. Angie \_\_\_\_\_ alimentos ricos en fibra.

A. come      B. no come



# Lesson 5 – Danger Signs of Diabetes

## Activity Sheet – Student Workbook

### Watch out for Diabetes!

Warning signs and Danger signals the body uses to warn people that they may have diabetes.



#### Warning 1

Going to the bathroom to urinate a lot.



#### Warning 2

Feeling thirsty a lot because the mouth feels dry.

DO



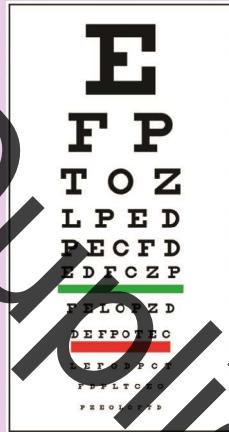
#### Warning 3

Feeling hungry a lot, but still losing weight.



#### Warning 4

Feeling tired or weak most of the time.



#### Warning 5

Having unclear vision (blurry vision).

DO NOT

# Lección 5 – Signos Peligrosos de la Diabetes

## Hoja de Actividades – Libro de Trabajo del Estudiante

### ¡Cuídate de la diabetes!

Signos de advertencia y de peligro que el cuerpo utiliza para advertir a la gente que podrían tener diabetes.



#### Advertencia 1

Ir al baño a orinar con mucha frecuencia.



#### Advertencia 2

Sentirse muy sediento porque tienen la boca reseca.

#### Advertencia 3

Sentirse muy hambriento, y sin embargo perder peso.



#### Advertencia 4

Sentirse cansado o débil la mayor parte del tiempo.



#### Advertencia 5

Tener visión borrosa.

## Lesson 5 – Danger Signs of Diabetes

### Activity Sheet – Student Workbook

# What Do We Know About Diabetes?

#### Directions:

Read each sentence. Find the missing word in the box at the top. Then write the word in the spaces to complete each sentence. The circled letters will spell the hidden word at the bottom.

Weak  
Bathroom

Thirsty  
Hungry

Doctor  
Vision

1. If you have some of the warning signs of diabetes, it is important to see a  to get tested.
2. If you have to go to the  a lot during the day and at night, you may have diabetes.
3. Get your eyes checked if your  is unclear.
4. Feeling  a lot, but still losing weight, is another warning sign of diabetes.
5. When a person has too much sugar in the blood it will make him or her feel tired and  most of the time.
6. A person who may be getting diabetes will be  and drink a lot of water because his or her mouth feels dry.

#### What is the Hidden Word?

Warning signs are \_\_\_\_\_ signals the body uses to warn someone he or she may be getting sick with diabetes.