

Bienestar / NEEMÁ

Health Program

Student Guide



Preschool Nutrition/
Health Curriculum

Bienestar/NEEMA Health Program Preschool Health Curriculum Student Handbook

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Preschool Pre-Test

School Name _____

Name of Teacher _____ Name of Student _____

Nombre del profesor _____ Nombre del estudiante _____

Date ____/____/____

Fecha ____/____/____

Directions

The pre-/post-test should be administered before the first lesson is taught and after the last lesson. The moderator should read each question out loud. The moderator of the test should make accommodations for younger age children. For example, if the child is not able to circle the best answer, they could be asked to point to the best answer and the assistant or parent could circle the answer that the child chose. The test may be administered individually or in small groups.

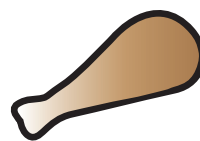
1. Circle the fruit (Circula la fruta).



apple
manzana



carrot
zanahoria

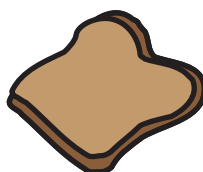


chicken
pollo

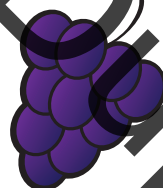
2. Circle the vegetable (Circula el vegetal).



broccoli
brócoli



wheat bread
pan integral



grapes
uvas

3. Circle the healthy drink (Circula la bebida saludable).



Fruit Punch
Ponche de frutas



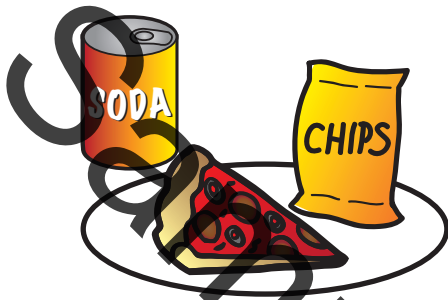
soda
soda



milk
leche

11. Circle the lunch plate that is healthy to eat (Circula el platillo de comida más saludable).

Plate 1
Platillo 1



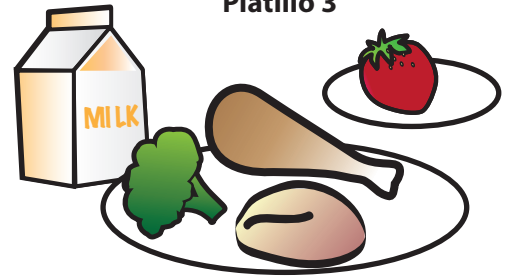
soda, Cheetos®, pizza
soda, Cheetos®, y pizza

Plate 2
Platillo 2



milk, nuggets, french fries
leche, trocitos de pollo, papas fritas

Plate 3
Platillo 3



milk, turkey, fruit,
vegetable, wheat roll
leche, pavo, fruta, vegetales y
un bolillo integral

12. Circle the child that is cleaning his hands correctly (Circula el niño que se está lavando las manos correctamente).



warm water and soap
agua tibia y jabón

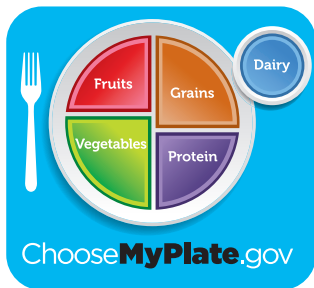


no soap
sin jabón



wiping hands on shirt
limpiando las manos en la camisa

13. Circle the picture of MyPlate (Circula el dibujo de MiPlato).



Food Group Chart
Gráfica del Grupo Alimenticio



doctor
doctora



restaurant
restaurante

Chapter 1: Growing

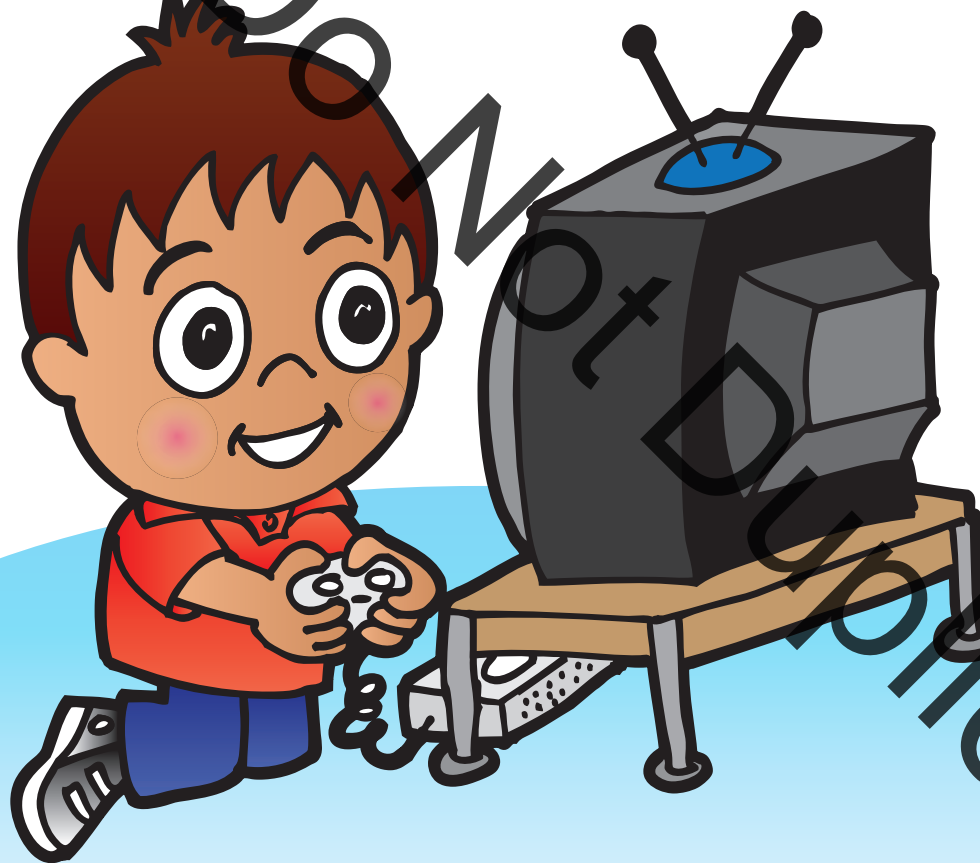
Lesson 2 – Ramiro’s Adventure

There was once a little boy named Ramiro coming home from his first day of school. The first thing Ramiro did when he got home was watch TV and play video games for a very long time. Ramiro’s mother tried to get him to play outside, but Ramiro only wanted to sit in front of the television.

When it was time to eat, Ramiro’s mother made enchiladas with rice, beans, and a salad on the side. Ramiro loved enchiladas, but he didn’t touch any of the other food on his plate. Ramiro’s dad told him to try the other food, especially the salad, but Ramiro just said, “yuck, no way José.”

After dinner Ramiro went to his bed to go to sleep. When Ramiro woke up he saw the sun rising, but it looked strange. This sun was smiling and had . . . sunglasses. Whoever heard of sunglasses on the sun? Then this sun started walking toward Ramiro’s window.

Before Ramiro could hide under his blanket, the sun spoke and said, “Hello Ramiro, my name is Sunny! I’m so glad I found you. I need your help by going on an adventure with me to save NEEMA land from a bad monster called Diabetes! Will you help me?”



Capítulo 1: Crecer

Lección 2- La Aventura de Ramiro

Había una vez un niño de nombre Ramiro quien regresaba a casa después de su primer día de clases. Lo primero que Ramiro hizo al llegar su casa fue ver la televisión y jugar sus videojuegos por muchas horas. La mamá quería que Ramiro saliera a jugar, pero Ramiro solo quería estar sentado frente al televisor.

A la hora de comer, la mamá de Ramiro hizo enchiladas, arroz, frijoles y ensalada de verduras. A Ramiro le encantaban las enchiladas, pero en su plato dejó el resto de las comidas. El papá pidió a Ramiro probar las otras comidas, especialmente la ensalada, pero Ramiro dijo, "¡No! guacala."

Después de la cena, Ramiro se fue a dormir. Al despertar, Ramiro vio que salía el sol. Y el sol se veía extraño. El sol sonreía y traía puestos unos lentes oscuros. ¿Quién ha oído hablar a un sol usando lentes oscuros? Entonces el sol se acercó a la ventana de Ramiro.

Antes de que Ramiro pudiera esconderse debajo de su cobija, el sol dijo: "¡Hola Ramiro, me llamo Sunny! Estoy muy contento de haberte encontrado. ¡Necesito tu ayuda, me gustaría que me acompañaras en una aventura para salvar la tierra de NEEMA de un monstruo malo llamado Diabetes! ¿Me ayudas?"



Chapter 1: Growing

Lesson 3 – Daily Song (cont'd)



“Follow the Daily Path”

(Sung to the tune of “Mary Had a Little Lamb”)

[Move arms and legs as if marching in place]

**Follow the daily path, daily path, daily path.
Follow the daily path to a healthy life.**

[Pretend to take a big spoonful of cereal from a bowl and eat it]

**Eat your breakfast every day, every day, every day.
Eat your breakfast every day, to help your body grow.**

[Extend both arms out to the side and flex biceps; fists toward ears]

**Move your body, exercise, exercise, exercise.
Move your body, exercise, to make you big and strong.**

[Pretend to rub your belly in big circles]

**Veggies are good snacks for you,
snacks for you, snacks for you.
Veggies are good snacks for you, so eat some every day.**

[Tilt head to side with prayer hands under cheek, as if sleeping]

**Get a lot of sleep each night,
sleep each night, sleep each night.
Get a lot of sleep each night, so you can learn in school.**

[Move arms and legs as if marching in place]

**Follow the daily, daily path, daily path.
Follow the daily path to a healthy life.**

Capítulo 1: Creciendo

Lección 3 – La Canción del Día (cont'd)



Sigue el Camino

(Cantarla al ritmo de "Mary Had a Little Lamb")

(Mueve brazos y piernas y empieza a marchar en tu mismo lugar)

Sigue el camino, el camino, el camino
Sigue el camino a una vida saludable.

(Pretende que tienes un tazón con cereal y te estás comiendo una cuchara llena de cereal)

Desayuna todos los días, todos los días, todos los días
Come tu desayuno para que te sientas bien.

(Extiende los brazos hacia los lados y flexiona tus bíceps; los puños hacia las orejas)

Mueve tu cuerpo, muévete, muévete, muévete
Haz ejercicio para crecer grande y fuerte

(Pretende frotarte tu barriga en forma de círculos)

Vegetales son deliciosos, deliciosos, deliciosos
Come vegetales, vegetales, todos los días

(Pon tus manos en posición de rezar y ponlas debajo de tu cabeza como si te fueras a dormir)

Duerme bien, cada noche, cada noche, cada noche
Duerme bien para aprender en la escuela

(Mueve brazos y piernas y empieza a marchar en tu mismo lugar)

Sigue el camino, el camino, el camino
Sigue el camino a una vida saludable.

Can you draw a picture of you growing up healthy? Me now and me in the next grade.

(¿Te puedes dibujar a ti mismo creciendo saludable? Un dibujo de tí ahora y otra en el próximo grado escolar).

Sample Do Not Duplicate