

Fourth Edition

# Bienestar / NEEM-A

## Health Program

Kindergarten Health Curriculum

Sample



### Student's Workbook

# Bienestar/NEEMA Health Program Kindergarten Health Curriculum Student Workbook

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# Kinder Pre-Test

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

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

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

## 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 LEAST healthy vegetables.



Carrot



Broccoli

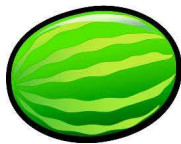


French Fries



Corn

### 2. Circle the LEAST healthy food.



Watermelon



Grapes



Pear



Doughnut

### 3. Circle the child that IS exercising.



Riding bike w/helmet



Playing video games



Watching TV



Standing talking w/ friends

8. Circula la bebida MENOS saludable.



Agua



Leche

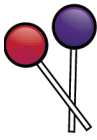


Bebida en Polvo



Jugo de Naranja

9. Circula el alimento que tiene mucha azucar.



Dulces



Zanahorias  
apio

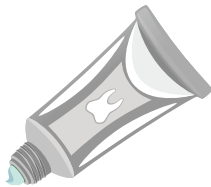


Cerezas



Elote

10. Circula el articulo que NO es saludable para tus dientes.



Pasta dental



Cepillo dental



Galletas

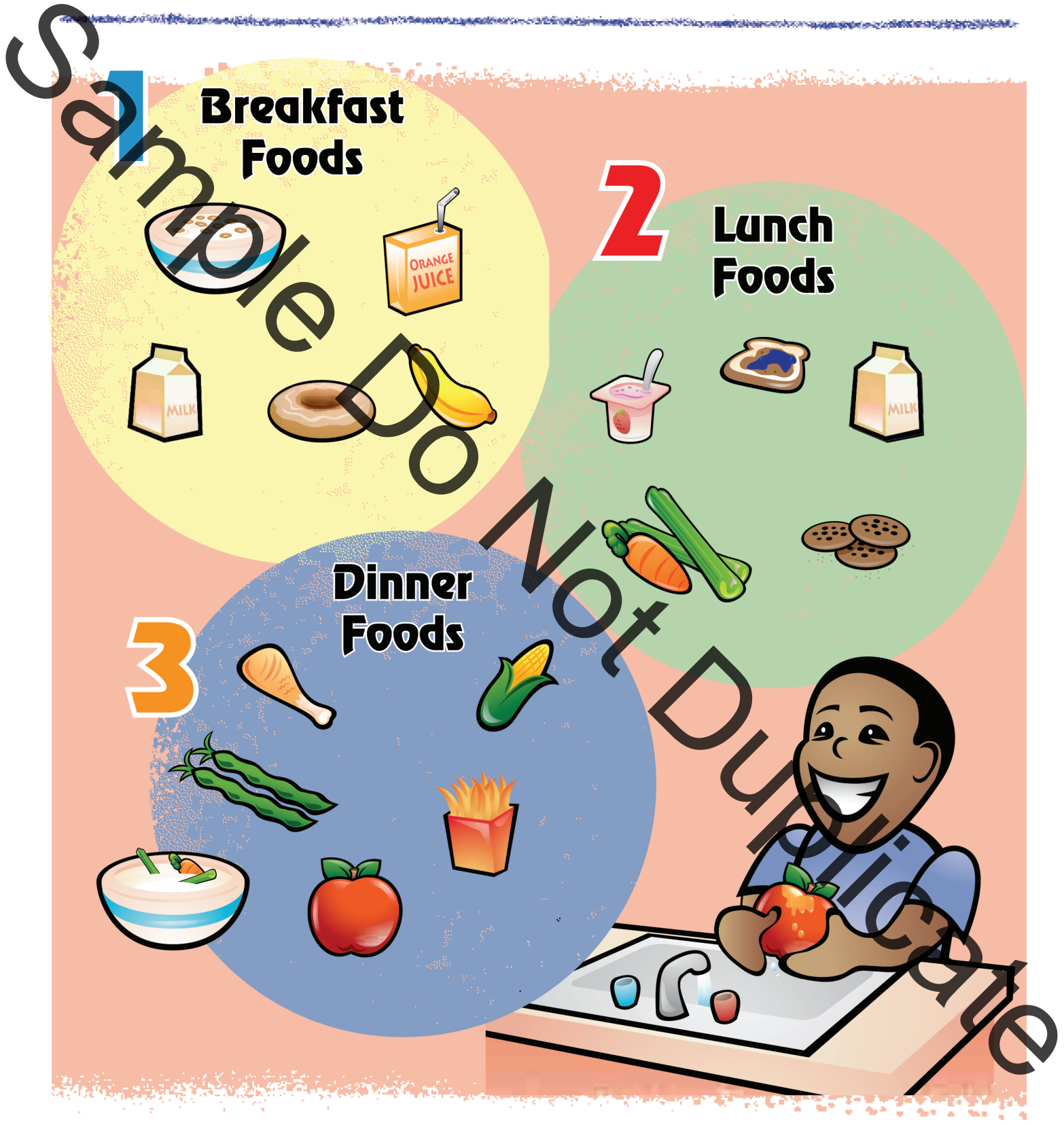


Vegetales

11. ¿¿Puedes hacer un dibujo de lo que debes hacer si tienes un dolor de cabeza?

# Lesson 3 – Three Healthy Meals

## Review Sheet – Student Workbook



# Lección 3 – Tres Comidas Saludables

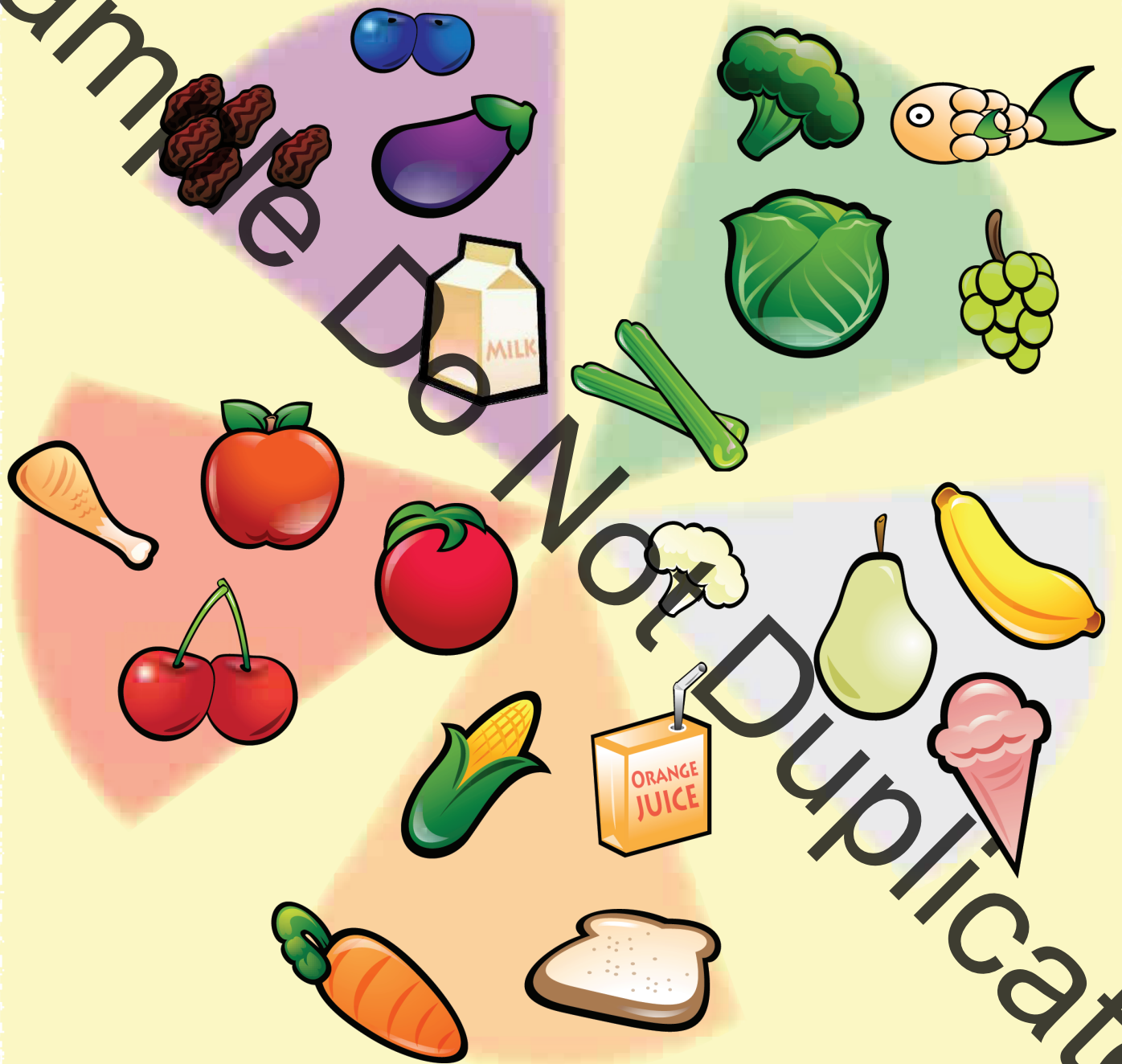
## Hoja de Revisión – Libro de Trabajo del Estudiante



# Lesson 4 – Eat 5 – Today the Colorful Way

## Review Sheet – Student Workbook

Directions: Circle the pictures that are NOT a fruit or vegetable.

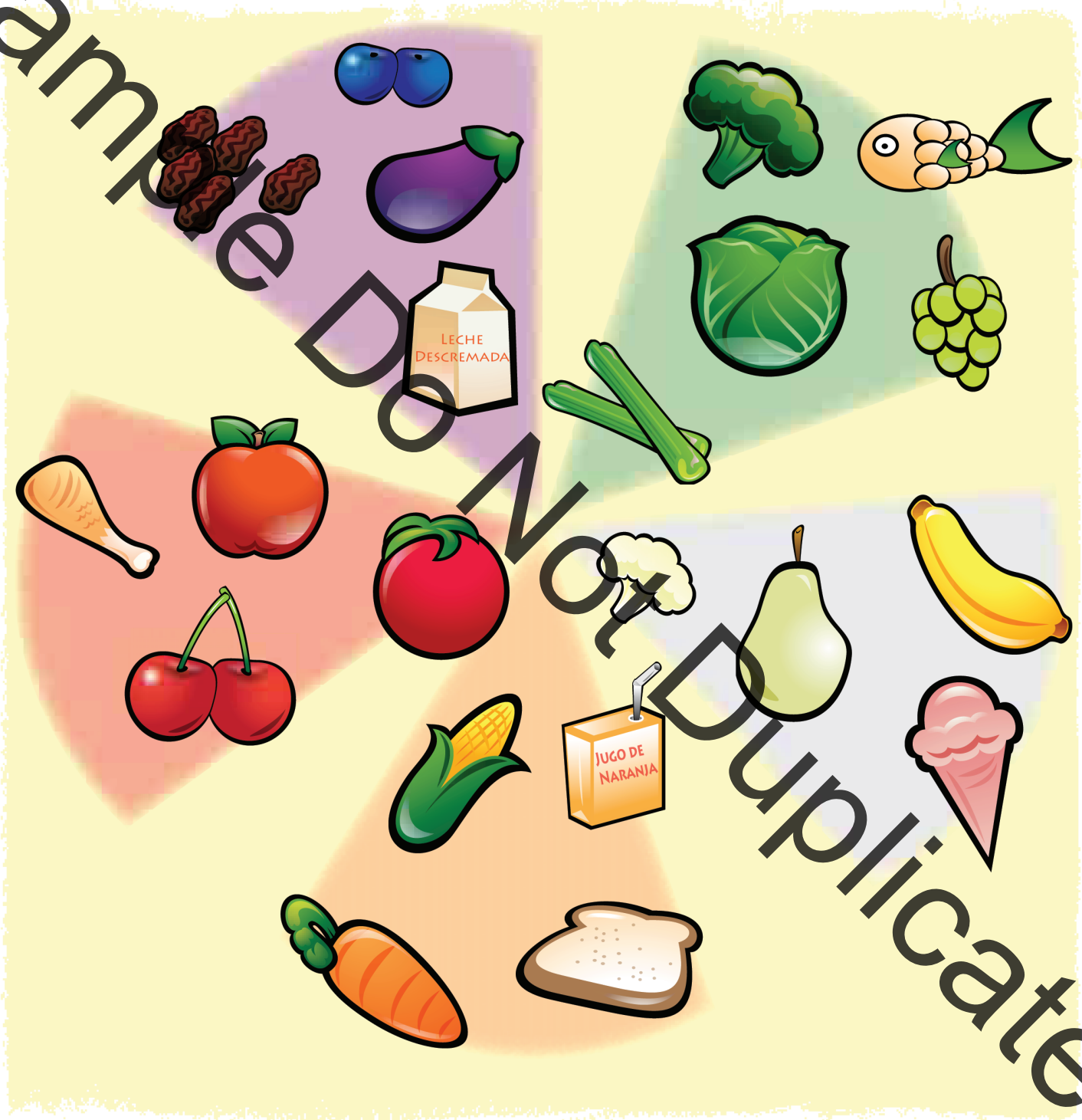




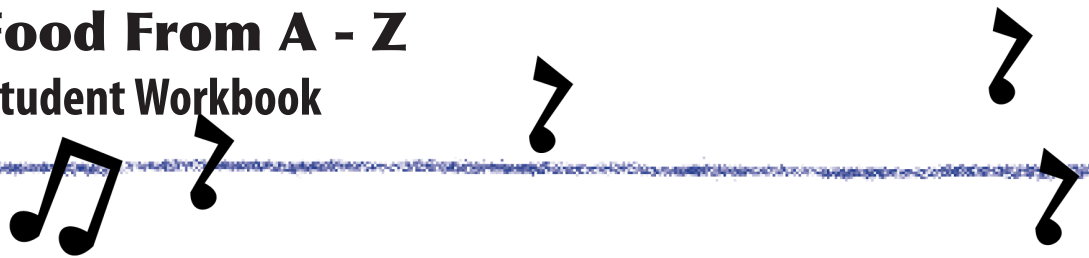
# Lección 4 – Consume Hoy 5 Alimentos de Manera Colorida

## Hoja de Revisión – Libro de Trabajo del Estudiante

Instrucciones: Circula la imagen que NO es una fruta o vegetal.



**Lesson 5 – Food From A - Z**  
**Review Sheet – Student Workbook**



## Snacking Can Be Good For Me Song

(Sung to the tune "The Alphabet Song")

**A B C D E F G**

Snacking can be good for me.

Healthy food

In small amounts.

Fun to chew and tasty too.

**A B C D E F G**

Snacking can be good for me!

**A B C D E F G**

Snacking can be good for me.

Yogurt with fruit

Tortillas and beans.

Fun to make & better than cake.

**A B C D E F G**

Snacking can be good for me.





## **Las Botanas son buenas para mí**

**A B C Ch D E F G**

**Las Botanas son buena para mí.  
Comidas saludables  
en pequeñas cantidades.  
mastica y mastice saborea y saborea.**

**A B C Ch D E F G**

**¡Las Botanas son buena para mí!**

**A B C Ch D E F G**

**Las Botanas son buena para mí,  
yogur con fruta  
tortillas con frijoles.  
Divertidos para hacer y mejor que pastel.**

**A B C Ch D E F G**

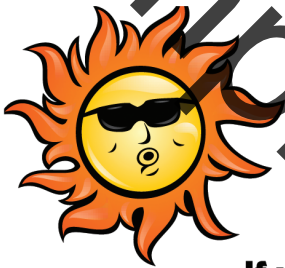
**Las Botanas son buena para mí.**



**Lesson 7 – Exercise Every Day**  
**Review Sheet – Student Workbook**

**If You're healthy and You Know it Song**

**(Sung to the tune "If you're happy and you know it")**



**If you're healthy and you know it TOUCH your toes**  
**(windmill motion or bend and touch).**

**If you're healthy and you know it TOUCH your toes.**

**If you're healthy and you know it, then your body's going to show it**  
**(stand tall w/ hands on hips).**

**If you're healthy and you know it TOUCH your toes.**

**If you're healthy and you know it MARCH in place. (Etc.)**  
**(two marching steps one right and one left)**

**If you're healthy and you know it TWIST & TURN. (Etc.)**  
**(hands on hips twist to right then to left)**

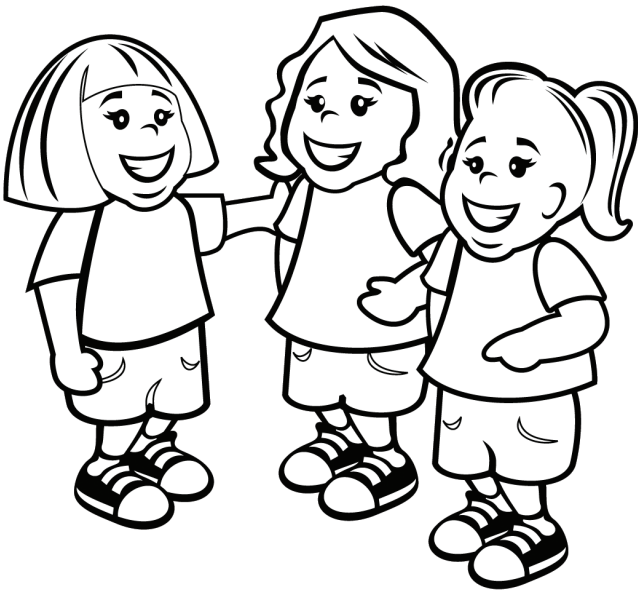
**If you're healthy and you know it DO ALL THREE**  
**(touch toes, march in place, twist and turn).**

**If you're healthy and you know it**  
**DO ALL THREE.**

**If you're healthy and you know it, then your body's**  
**going to show it.**

**(stand tall w/ hands on hips)**

**If you're healthy and you know it**  
**DO ALL THREE.**



# Lección 7 – Ejercicios Diarios

## Hoja de Revisión – Libro de Ejercicios del Estudiante

### Si tu sabes que eres saludable



Si tu estás saludable lo sabes tocate los pies  
(Movimiento de molino de viento o inclinarse y tocarse)

Si tu estás saludable y sabes tocate los pies  
si tu estás saludable y lo sabes, entonces su cuerpo va a demostrarlo  
(Estar de pie con las manos en la cadera)  
si tu estás saludable y lo sabes tocate los pies

Si tu estás saludable lo sabes **MARCHA** en un mismo sitio. (Etc.)  
(Dos pasos marchando uno a la derecha y uno a la izquierda)

Si tu estás saludable y lo sabes **GIRA Y DA UNA VUELTA.** (Etc.)  
(Manos sobre las caderas girando a la derecha y luego a la izquierda)

Si tu estás saludable y lo sabes **HAZ TODOS LOS TRES**  
(Tocate los dedos de los pies, marcha en el mismo sitio, date una vuelta).

Si tu está saludable y lo sabes, **HAZ TODOS LOS TRES**  
si tu estás saludable y lo sabes, entonces en tu cuerpo  
se vera.



(Estar de pie con las manos en la cadera).  
Si tu estás saludable y lo sabes **HAZ TODOS  
LOS TRES.**

**Variaciones con otros versos**  
Extender completamente; mostrar los músculos  
del brazo y saltar.