

Fourth Edition

# Bienestar / NEEMÁ

## Health Program

2<sup>nd</sup> Grade Health Curriculum

Sample



Student's Workbook

# **Bienestar/NEEMA Health Program 2nd Grade Health Curriculum Student Workbook**

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# 2nd 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 DESPEGUE ESTE PAPEL. USE LAPIZ #2 SOLAMENTE.

### 1. How might someone feel if they were getting sick with diabetes?

¿Cómo podría sentirse alguien que se está enfermado con la diabetes?

- a. Tired and thirsty all the time  
Cansado y sediento todo el tiempo
- b. Happy  
Feliz
- c. Have lots of energy  
Con mucha energía
- d. Have a tummy ache  
Con dolor de estómago

### 2. What is diabetes?

¿Qué es la diabetes?

- a. When too much fat gets in the blood  
Cuando hay demasiada grasa en la sangre
- b. When too much sugar gets in the blood  
Cuando hay demasiada azúcar en la sangre
- c. When too much fiber gets in the blood  
Cuando hay demasiada fibra en la sangre
- d. When too many vitamins get in the blood  
Cuando hay demasiadas vitaminas en la sangre

### 3. How could a person avoid getting diabetes?

¿Cómo podría una persona evitar contraer la diabetes?

- a. Eat healthy from MyPlate and exercise everyday  
Usando MiPlato para comer saludable y hacer ejercicios todos los días
- b. Watch TV  
Ver televisión
- c. Play video games with their friends  
Jugar videojuegos con los amigos
- d. Eat chips and cookies  
Comer fritos (chips) y galletas



**16. Choose the healthy serving size.**

**Escoge el tamaño de la porción saludable:**

- a. 1 banana  
1 plátano
- b. 3 bites of chicken  
3 bocados de pollo
- c. 25 whole wheat crackers  
25 galletas de harina de trigo
- d. 4 cookies  
4 galletas

**17. What type of foods will help you to avoid cavities?**

**¿Que tipo de comida ayuda a evitar caries?**

- a. Candy  
dulces
- b. Vegetables  
vegetales
- c. Sodas  
sodas
- d. Chips  
papitas fritas

**18. What should you do at least twice a day to keep healthy teeth and mouth?**

**¿Que debes de hacer por lo menos dos veces al día para mantener tus dientes y boca saludable?**

- a. Brush teeth  
cepillar dientes
- b. Visit dentist  
visitar el dentista
- c. Drink sodas  
tomar sodas
- d. Eat fried foods  
comer comida frita

**19. People can have a strong heart if they do which of the following?**

**Las personas pueden tener un corazón fuerte si hacen cuál de las siguientes?**

- a. Watch TV often  
ver mucha television
- b. Sit on the sofa a lot  
sentarse mucho en el sofa
- c. Play outdoors regularly  
jugar afuera regularmente
- d. Eat lots of pizza  
comer mucha pizza

**20. What should you do if you find a family members medications on the table?**

**¿Qué debes hacer si encuentras un medicamento de un miembro de la familia en la mesa?**

- a. Leave them alone and don't tell anyone  
Dejalos en paz y no se lo digas a nadie
- b. Put them away  
Guárdalos
- c. Throw them away  
Tirarlas a la basura
- d. Leave them alone and tell an adult  
Déjalos en paz y dile a un adulto



# Lesson 3 – The Daily Path To Good Oral Health

## Review Sheet – Student Workbook

### Proper Brushing Technique



Tilt brush at a 45 degree angle against the gumline and sweep or roll the brush away from the gumline.



Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes.

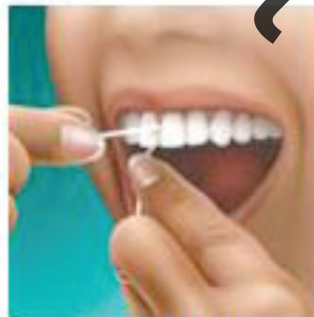


Gently brush your tongue to remove bacteria and freshen breath.

### Proper Flossing Technique



Use about 18" of floss, leaving an inch or two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

# Lección 3 – El Paso Diario A La Buena Salud Oral

## Hoja de Actividades – Libro de Trabajo del Estudiante

### Tecnica Appropiada Para Cepillar

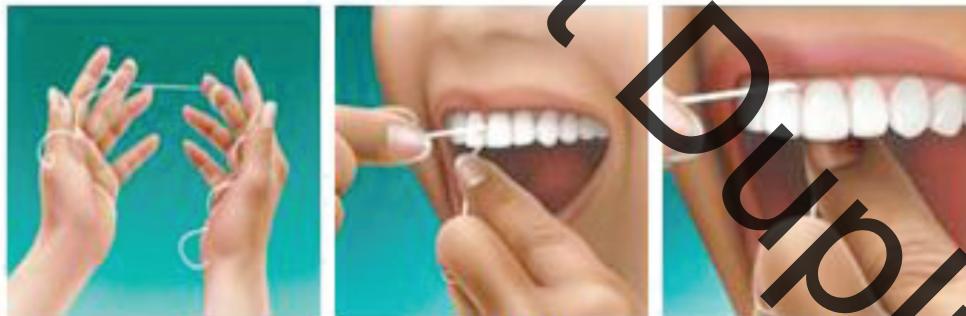


Inclina el cepillo en un ángulo de 45° contra la encía y barre o rueda el cepillo fuera la encía.

Cepille suavemente dentro, fuera y la superficie de cada diente usando movimientos cortos hacia atrás y adelante.

Cepille suavemente su lengua para quitar bacteria and refrescar el aliento.

### Tecnica Appropiada Para Usar El Hilo Dental



Use 18 pulgadas de hilo dejando una o dos pulgadas para envolver sus dedos.

Suavemente siga las curvas de sus dientes.

Este seguro de limpiar debajo la encía pero evite lastimar las encías.

# Lesson 4 – MyPlate

## Review Sheet – Student Workbook



### MyPlate Song (Sung to Mulberry Bush)

This is the way we choose our food,  
Choose our food, choose our food.  
This is the way we choose our food,  
From the MyPlate.

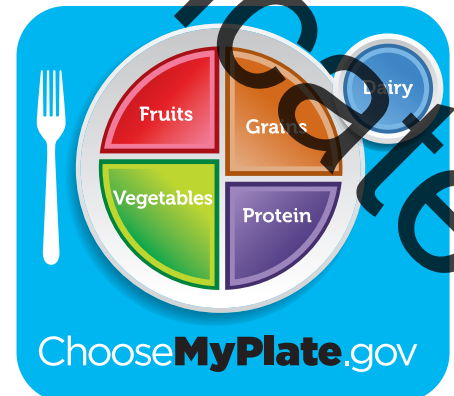
Eat 3 servings of veggies and 2 kinds of fruits, 2  
kinds of fruits, 2 kinds of fruits.  
Eat 3 servings of veggies and 2 kinds of fruits From  
the MyPlate.

Choose 6 servings of whole grains each day, Grains  
each day, grains each day.  
Choose 6 servings of whole grains each day. From  
the MyPlate.

Choose 2 servings of milk and 1 or 2 of meat, 1 or 2  
of meat, 1 or 2 of meat.  
Choose 2 servings of milk and 1 or 2 of meat, From  
the MyPlate.

Eat very little fats, oils and sweets,  
Fats, oils, and sweets, fats, oils and sweets.  
Eat very little fats, oils and sweets.

This is the way we choose our food.  
Choose our food, choose our food.  
This is the way we choose our food,  
Each day—from the MyPlate.





# Lección 4 – MiPlato

## Hoja de Actividades – Libro de Trabajo del Estudiante



### Canción de MiPlato (Sung to Mulberry Bush)

Esta es la forma en que escogemos nuestra comida  
escogemos nuestra comida, escogemos nuestra comida  
esta es la forma en que escogemos nuestra comida, de  
MiPlato.

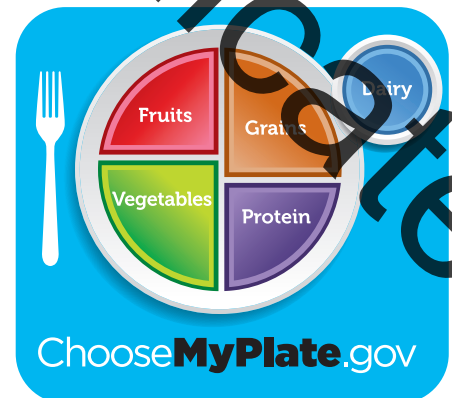
Comer 3 porciones de vegetales y 2 clases de frutas  
2 clases de frutas, 2 clases de frutas.  
Comer 3 porciones de vegetales y 2 clases de frutas de  
MiPlato.

Escoja 6 porciones de grano integrales cada día, granos  
cada día, granos cada día.  
Escoja 6 porciones de granos integrales cada día  
de MiPlato.

Escoja 2 porciones de leche y 1 o 2 de carne,  
1 o 2 de carne, 1 o 2 de carne  
Escoja 2 porciones de leche y 1 o 2 de carne  
de MiPlato.

Coma muy poca de grasas, aceites y azúcar, grasas,  
aceites y azúcar, grasas, aceites y azúcar  
Coma muy poca de grasas, aceites y azúcar, grasas,  
aceites y azúcar, grasas, aceites y azúcar  
Coma muy poca de grasas, aceites y azúcar.

Esta es la forma que nosotros escogemos nuestra comida.  
Escogemos nuestra comida, escogemos nuestra comida.  
Esta es la forma que nosotros escogemos nuestra comida,  
Cada día – de MiPlato.



# Lesson 4 – MyPlate

## Activity Sheet – Student Workbook

**(1 ½ cups)**

### **Fruits: 2 Servings**

*Examples of a 1 cup serving*

- 1 small apple
- 30 grapes
- 12 melon balls or 1 small wedge
- 1 small banana
- 1 large orange

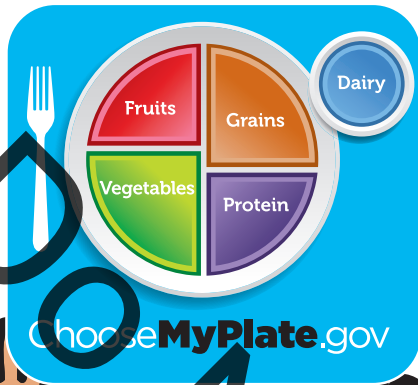
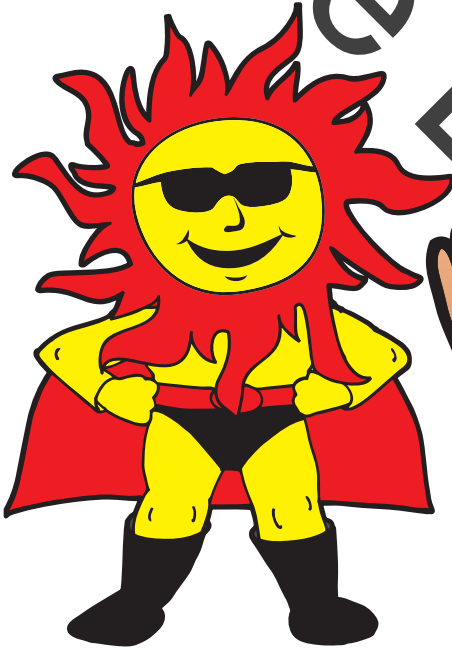
**For Kids**  
**6 – 11**

**(6 ounces)**

### **Grains: 6 Servings**

*Examples of a 1 oz. serving*

- 1 slice whole wheat bread
- 1 small corn tortilla
- ½ cup cooked oatmeal
- ½ cup cooked brown rice
- 5 whole wheat crackers



**(2 – 3 cups)**

### **Dairy: 2 Servings**

*Examples of a 1 cup serving*

- 1 cup milk
- 1 8oz. container of yogurt
- 2 slices cheddar cheese

**(2½ cups)**

### **Vegetable: 3 Servings**

*Examples of a 1 cup serving*

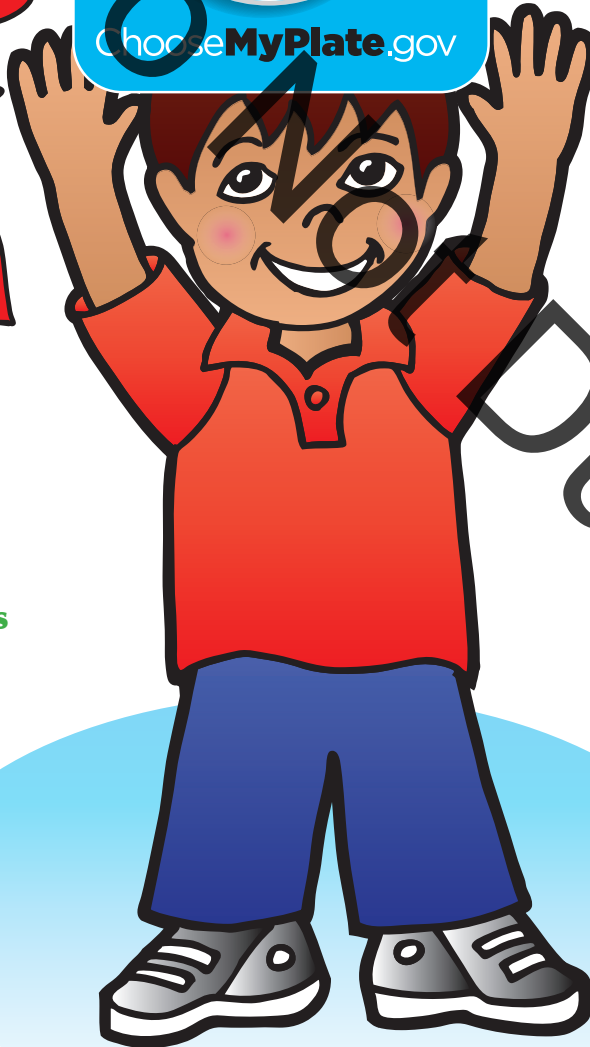
- 1 cup cooked broccoli
- 12 baby carrots
- 1 cup of spinach
- 1 medium baked potato
- 1 large ear of corn

**(5 ounces)**

### **Protein: 1–2 Servings**

*Examples of a 1 oz. serving*

- 1 egg
- ½ cup baked beans
- 1 ounce cooked/baked chicken (no skin)
- 1 slice turkey (sandwich)
- 1 tbsp. peanut butter



# Lección 4 – MiPlato

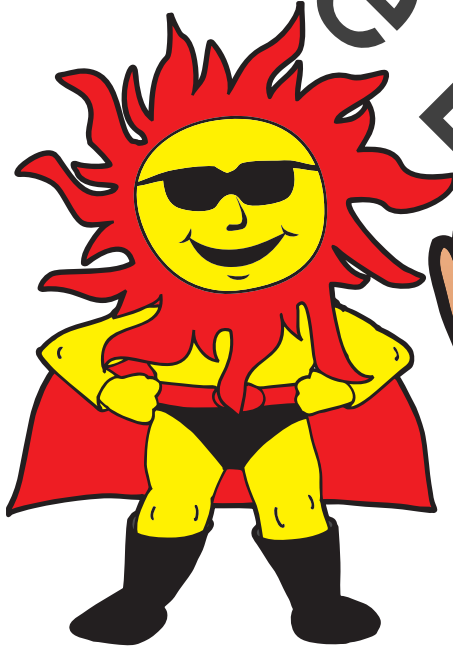
## Hoja de Actividades – Libro de Trabajo del Estudiante

**(1 ½ taza)**

### **Fruta: 2 Porciones**

*Ejemplos de porciones de 1 taza*

- 1 manzana pequeña
- 30 uvas
- 12 bolitas de melón ó
- 1 trozo pequeño de melón
- 1 plátano chico
- 1 naranja grande



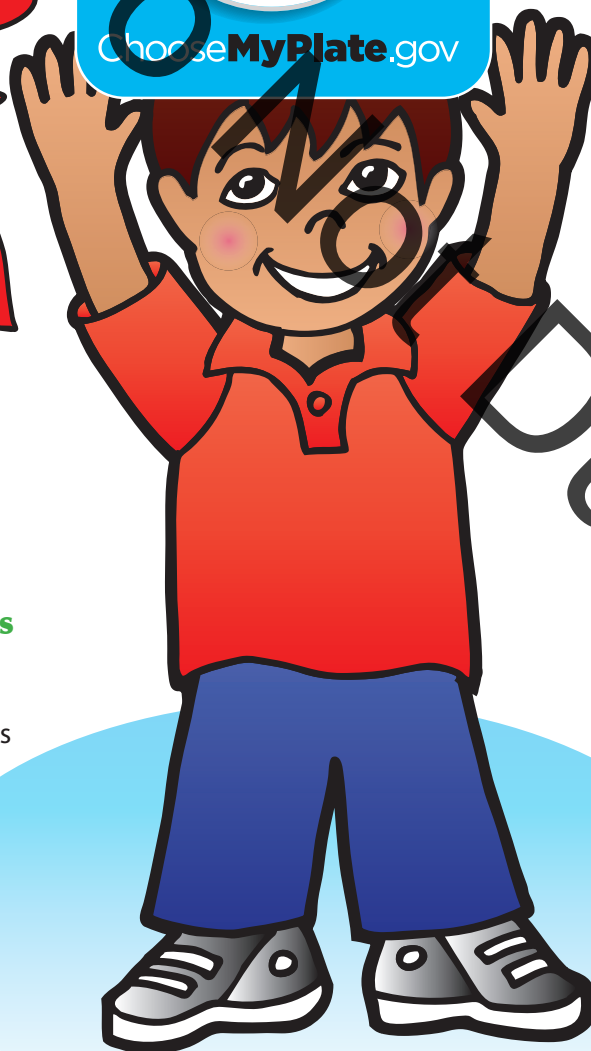
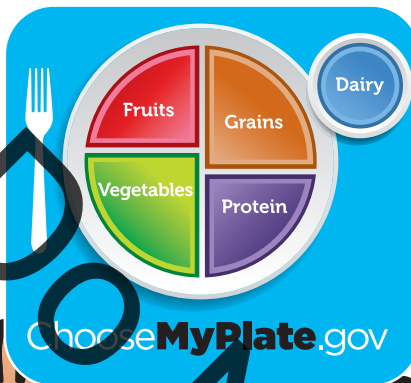
**(2½ tazas)**

### **Verduras: 3 porciones**

*Ejemplos de porciones de 1 taza*

- 1 taza de brócoli cocido
- 12 zanahorias de las más pequeñas
- 1 taza de espinacas
- 1 papa mediana al horno
- 1 mazorca grande de maíz

Para niños de  
6 a 11 años



**(6 onza)**

### **Granos: 6 Porciones**

*Ejemplos de porciones de 1 onza*

- 1 rebanada de pan integral
- 1 tortilla de maíz pequeña
- ½ taza de avena cocida
- ½ taza de arroz integral cocido
- 5 galletas integrales

**(2-3 tazas)**

### **Lácteos: 2 Porciones**

*Ejemplos de porciones de 1 taza*

- 1 taza de leche
- 1 yogur de 8 onzas
- 2 rodajas de queso cheddar

**(5 onzas)**

### **Carnes y frijoles: 1 a 2 porciones**

*Ejemplos de porciones de 1 onza*

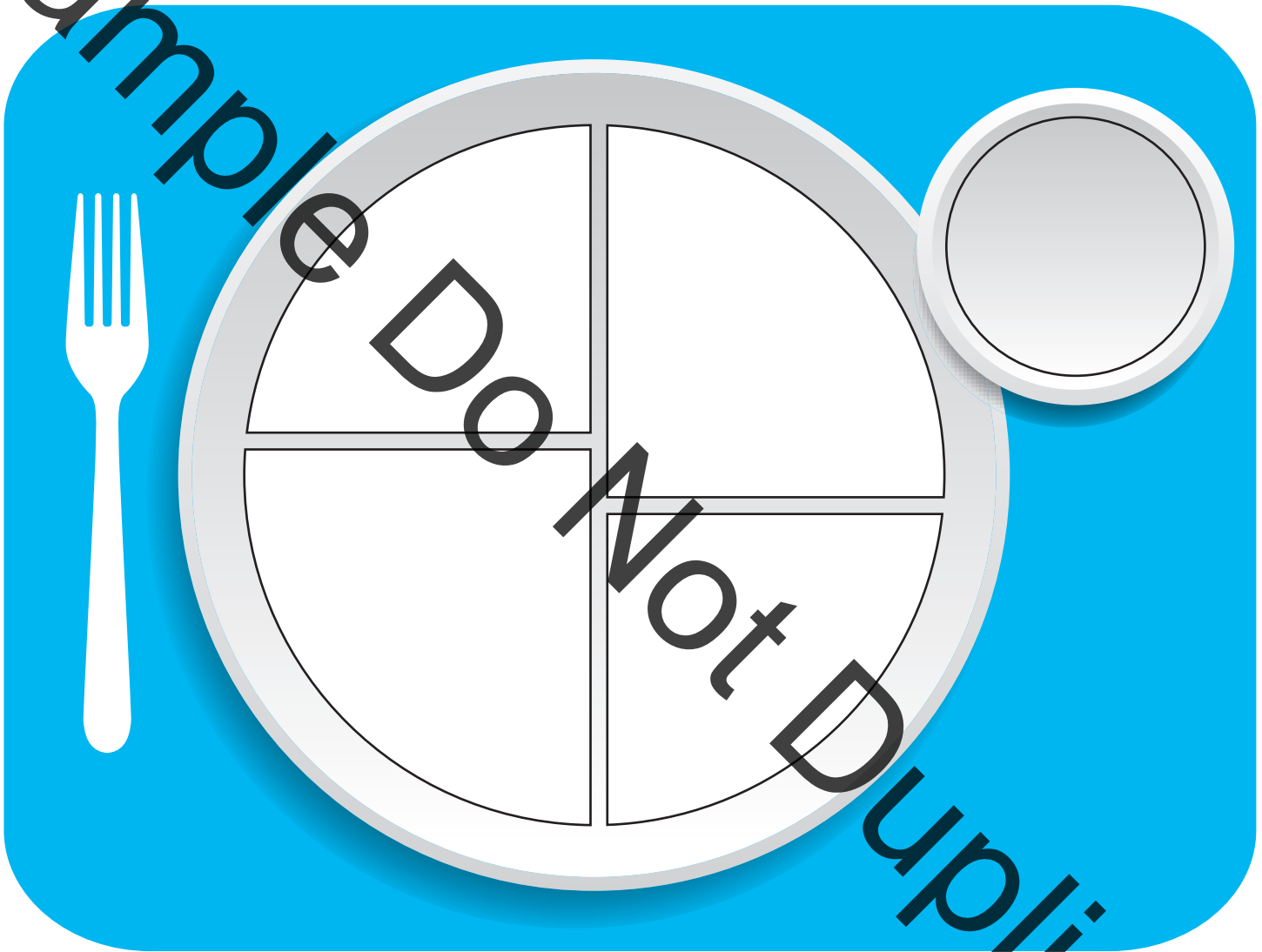
- 1 huevo
- ½ taza de frijoles cocidos
- 1 onza de pollo cocido/asado (sin pellejo)
- 1 rebanada de pavo (sándwich)
- 1 cucharada de mantequilla de cacahuete

# Lesson 4 – MyPlate

## Activity Sheet – Student Workbook

**Directions:**

Color the MyPlate according to the colors that represent each food group and answer the following questions below.



**My Picks**

That is a great coloring job! Now write down two examples of foods that you like to eat from each healthy food group.

Proteins: \_\_\_\_\_ and \_\_\_\_\_

Grains: \_\_\_\_\_ and \_\_\_\_\_

Vegetables: \_\_\_\_\_ and \_\_\_\_\_

Fruits: \_\_\_\_\_ and \_\_\_\_\_

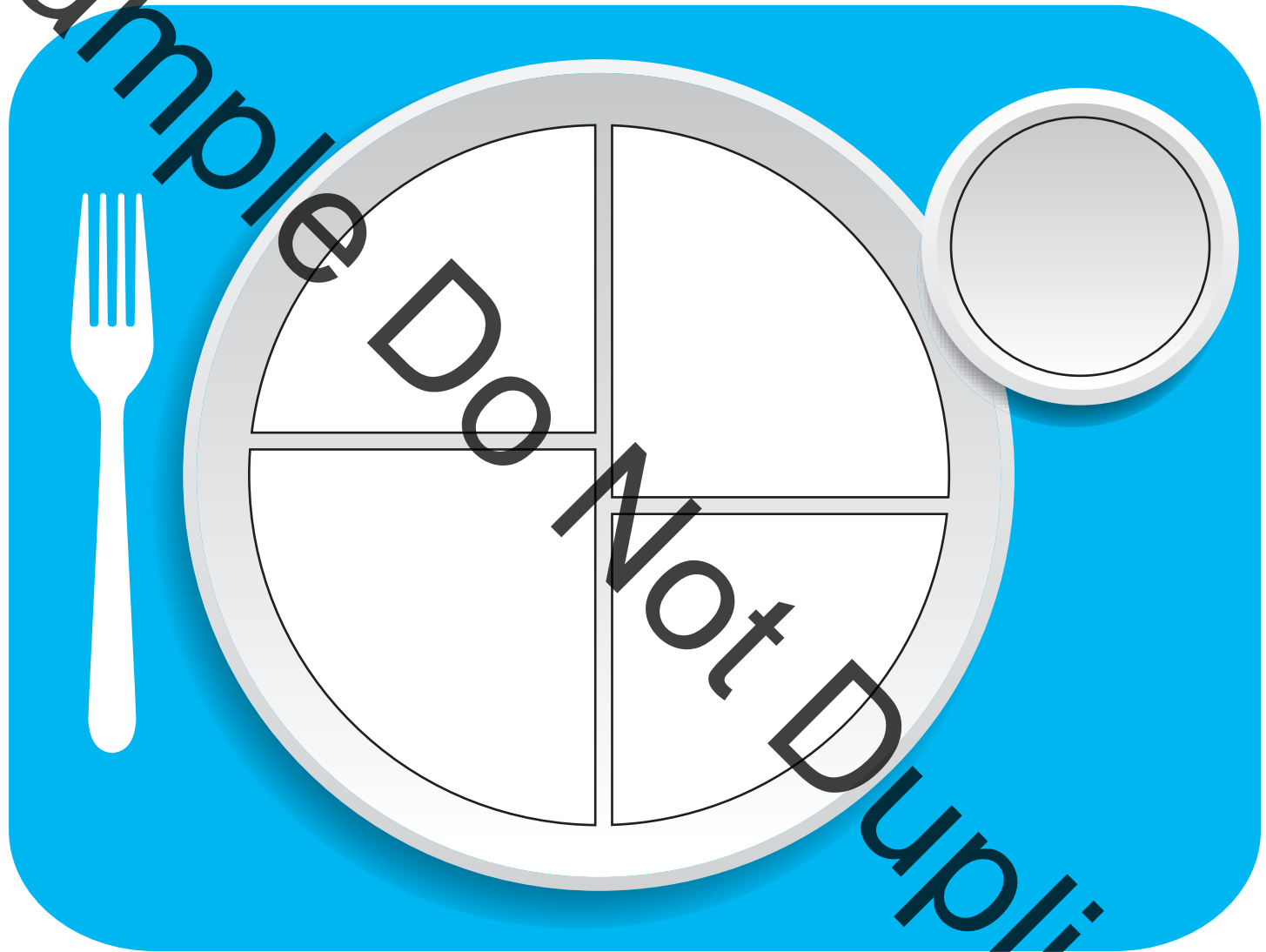
Dairy: \_\_\_\_\_ and \_\_\_\_\_

# Lección 4 – MiPlato

## Hoja de Actividades – Libro de Trabajo del Estudiante

### Instrucciones:

Colorea el MiPlato de acuerdo a los colores que representan a cada grupo y contesta las siguientes preguntas.



### Mis Selecciones

¡Qué buen trabajo hiciste! Ahora escriba dos ejemplos de alimentos que le gustaría comer de cada grupo de alimentos saludables:

Proteínas: \_\_\_\_\_ y \_\_\_\_\_

Granos: \_\_\_\_\_ y \_\_\_\_\_

Vegetales: \_\_\_\_\_ y \_\_\_\_\_

Fruta: \_\_\_\_\_ y \_\_\_\_\_

Productos Lácteos: \_\_\_\_\_ y \_\_\_\_\_