

# Bienestar / NEEMA

## Health Program

1<sup>st</sup> Grade Health Curriculum



# Teacher's Guide

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# 1st Grade 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 child that IS exercising.



Playing soccer



Playing video games



Watching TV



Standing talking w/ friends

### 2. Circle the child NOT exercising safely.



Batting (w/helmet)



Biking (w/o helmet)



Soccer w/shin guards



Jumping rope

### 3. Circle the HEALTHIEST drink.



Soda



Water



Orange juice



Fruit Punch

# Pre-Examen de 1er Grado

Nombre de la Estudiante: \_\_\_\_\_

Nombre de profesor \_\_\_\_\_ Nombre de estudiante \_\_\_\_\_

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

Fecha \_\_\_\_/\_\_\_\_/\_\_\_\_

## Instrucciones:

El Pre-examen y el Post-examen deben ser administrados antes de la primera lección que se enseña y después de la última lección. El moderador debe leer cada pregunta en voz alta. El moderador de la prueba debe hacer ajustes para los niños de menor edad. Por ejemplo, si el niño no es capaz de circular la mejor respuesta, se le puede pedir que indique la mejor respuesta y el asistente o el padre de familia podría circular la respuesta que el niño elija.

### 1. Circula el niño/a que está haciendo ejercicio.



Jugando fútbol



Jugando Videojuegos



Ver Televisión



De pie hablando con amigas

### 2. Circula el niño/a que NO hace ejercicio con seguridad.



Jugar béisbol  
(con casco)



Andar en bicicleta  
(sin casco)



Jugando fútbol  
(con espinilleras)



Brincando la cuerda

### 3. Circula la bebida MÁS saludable.



Soda



Agua



Jugo de Naranja



Ponche de frutas

# Lesson 2 – The Daily Path to Good Oral Health El Camino Diario hacia Una Buena Salud Bucal

Health TEKS: 2A, 3F, 6D

National Standards: 1.1.2, 1.2.2, 1.2.5, 3.2.1, 3.2.2, 4.2.1, 5.2.1, 5.2.2, 7.2.1, 7.2.2, 8.2.1

## Objective

After the lesson is taught the student should be able to:

1. **Identify** how many teeth they should have in their mouths.
2. **Distinguish** that the teeth they have are baby (primary) teeth and that they are temporary and will be replaced by permanent teeth.
3. **Explain** that most of them will have their first permanent teeth by 6 years old.
4. **Discuss** the importance of oral health and the relationship between oral health and general health.
5. **Explain** the importance of good nutrition.
6. **Discuss** the importance of regular visits to the dentist for check ups.

## Lesson Summary

- Children usually have all twenty baby (temporary, primary) teeth by age two. This varies between children but they should definitely have all of their baby teeth by age four.
- Some children will have their first permanent teeth by age six.
- It is important to maintain good oral health.
- Good oral health may be maintained by good oral hygiene habits.
- There is a relationship between good oral health and good general health.
- Nutrition is important for proper function of the body and for healthy teeth.
- Regular visits to the dentist for check ups are important since the dentist is able to detect teeth problems and help to maintain good oral health.



## Materials

- Computer/Tablet/Phone
- Pens or pencils
- Health Journal Notebook

# Lesson 2 – The Daily Path to Good Oral Health

## Teaching Concept 3

- Nutrition is important for healthy teeth.
- Tooth decay may occur if there is too much exposure to sugary foods or drinks or if teeth are not maintained (brushed properly).
- Healthy snacks such as fresh fruits, vegetables, milk, or water may be consumed between meals.

**Ask:** What kinds of foods are healthy snacks?

**Answer:** Fresh fruits, vegetables, milk, water

## Teaching Concept 4

- Regular visits to the dentist are important. While at the dentists' office, you may also see a dental hygienist.
- Dentists are trained to detect and fix teeth problems and help maintain good oral health. Their assistants are called dental hygienists and may clean your teeth with special lights and tools and take pictures of your teeth called x-rays.
- Dentists may place sealants on your teeth to prevent tooth decay. Sealants are a material placed on the teeth to keep food particles out of the way.
- Everyone should visit the dentist twice per year.

**Ask:** When was the last time you saw the dentist? How can you respectfully ask your parents for help making sure you see the dentist twice per year?

## C. Check for understanding

Ask the students the following questions as a lesson review.

1. Ask if the students have any questions.
2. Ask the children to count the teeth in their mouths.





# Lesson 2 – The Daily Path to Good Oral Health

## Review Sheet - Student Workbook

### SMILE . . . It Looks So Good On You!

#### What You and Your Family Need to Know

Usually, at age two all twenty temporary (baby, milk, deciduous, primary) teeth should have erupted in your mouth.

However, remember we are all different and there may be some differences in time when these teeth appear.

By age four, all temporary teeth should be present. The first permanent molar erupts at age six for most children. In many places, this tooth is called the “six-year molar.”

In some children, the first permanent molar may erupt at age five or between the fifth and sixth birthday.

Children need an adult to assist with thorough brushing until they are 8 or 9 years old.

Ask an adult to help you brush your teeth.

So, eat healthy, exercise, drink plenty of water, brush those teeth with a fluoride toothpaste after each meal, ask your parents to schedule an appointment with the dentist, and SMILE because it looks so good on you!





# Lección 2 – El Camino Diario hacia Una Buena Salud Bucal

## Hoja de Actividades – Libro de Trabajo del Estudiante

### SONRIE . . . Se Ve Muy Bien En Ti.

#### Lo Que Tu y Tu Familia Debe Saber

Usualmente, a los 2 años todos los 20 dientes temporales (de leche, deciduous, primarios deben haber brotado en tu boca.

Sin embargo, recuerda que todos somos diferentes y puede que haya diferencia en cuando aparecerán estos dientes.

A los 4 años, todos los dientes temporales deberan estar presentes.

El primer molar permanente en la mayoría de los niños brota a los 6 años. En muchos lugares este diente se llama "molar de los 6-años."

En algunos niños el primer molar permanente puede brotar entre los 5 y los 6 años.

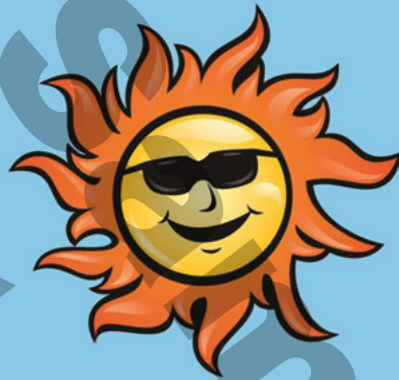
Los niños necesitan un adulto que los ayude para cepillarse los dientes adecuadamente hasta los 8 o 9 años.

Pidele a un adulto que te ayude a cepillarte los dientes.

Asi que come saludable, has ejercicio, bebe mucha agua, cepillate los dientes con una pasta dental con flúor despues de cada comida, pidele tus padres que hagan una cita con el dentista y SONRIE porque se ve muy bien en ti!



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