

# Bienestar / NEEMÁ

## Health Program

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



# Teacher's Guide

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## 2nd Grade Health Curriculum

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921 Matagorda St.  
San Antonio, Texas 78210  
(866) 676-7472  
(210) 533-8886

Find us on the World Wide Web at [www.SAHRC.org](http://www.SAHRC.org)

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## Authors

Roberto P. Treviño, M.D.  
Director  
Social and Health Research  
Center, INC

Mary Shaw-Ridley, PhD, M.Ed, MCHES  
Robert Stempel College of Public  
Health & Social Work  
Florida International University

Ramon Baez, DDS, MPH, HFADI  
Adjunct Professor, School of Dentistry  
University of Texas Health Science  
Center at San Antonio

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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. Encierre en un círculo 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. 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

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

¿Cómo podría sentirse alguien que esta enfermo con la diabetes?

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

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

¿Cómo podría una persona evitar contraer la diabetes?

- a. Eat healthy food from MyPlate and exercise every day  
Usando MiPlato para comer alimentos saludables 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





# Lesson 1 – Maria Has Diabetes

## Maria Tiene Diabetes

**Health TEKS: 2E, 3F, 8B**

**National Standards: 1.2.1, 1.2.5, 3.2.1, 3.2.2, 4.2.1, 4.2.2, 5.2.1, 5.2.2, 7.2.1, 7.2.2**

### Objective

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

1. **Explain** what happens in the body when a person has diabetes.
2. **Define** diabetes.
3. **Explain** how diabetes can be controlled through diet and exercise.
4. **Identify** adult professionals who could help someone with diabetes.

### Lesson Summary

- Diabetes is a very serious and dangerous disease. People with diabetes have too much sugar in their blood. This happens when the body cannot use all the sugar that is in the foods the person eats and drinks.
- When the body has too much sugar in the blood and it cannot use it the right way, the person becomes tired and weak.
- Diabetes is a very common disease among children and adults who are Mexican-American, African- American, Asian, and Native American.
- Diabetes can be controlled by eating fewer sweet and fatty foods, eating more food with fiber like vegetables, fruits, and foods with whole grains, getting more exercise, and staying at a healthy weight.



### Materials

- Computer/Tablet/Phone
- Pens or pencils

# Lesson 1 – Maria Has Diabetes

## Teaching Concept 1

- The "Maria has Diabetes" story teaches about a very serious and dangerous disease. People with diabetes have too much sugar in their blood. This happens when the body cannot use all the sugar that is in the foods the person eats and drinks.
- When the body has too much sugar in the blood and it cannot use it the right way, the person becomes tired and weak.
- Diabetes is a common disease among children and adults who are overweight, and who are Hispanic/Latino, African-American, Asian-American, and Native American.
- Diabetes can be controlled by eating fewer sweet and fatty foods, eating more foods with fiber like vegetables, fruits, and foods with whole grains, getting more exercise, and staying at a healthy weight.

**Ask:** Angie listened to her Doctor when he told her how to help control the diabetes? What did they say?

**Answer:** Eat more healthy foods like vegetables and fruits, drink water, and get more exercise.

**Ask:** Angie was very honest with her doctor about what she liked to eat and do. Was it a good idea for her to tell the doctor the truth? Why?

**Answer:** Yes, the doctor got an idea about what might be wrong with Angie from what she said. Then the doctor could do important tests to see if they were right.

**Ask:** Which adults can help people with diabetes?

**Answer:** Nurses/school nurse, doctors, and health educators.

## C. Check for understanding

Ask the students the following questions as a lesson review.

1. Have the students turn to the Workbook for the Student Activity.
2. Read the directions for the activity out loud. Instruct the students to follow along as you read.
3. Ask if they have any questions.
4. Allow the students time to do the activity as you walk around and assist them.
5. Review the correct answers to the activity with the students before the end of class.



# Lesson 1 – Maria Has Diabetes

## Review Sheet – Student Workbook

### Maria Has Diabetes

Diabetes is a disease that people develop when there is too much sugar in the blood. This is the story of how Maria developed diabetes and got sick.

It all started because Maria ate too many sweet and fatty foods, like candy bars, barbacoa, french fries, and chips. She didn't move around and get enough exercise either.

Maria's teacher noticed that Maria was tired during the day and she talked to Maria's mother about it. Maria's mother said she sat around and didn't have a lot of energy at home either. Her mom decided it was a good idea to take Maria to see the doctor.



A nurse weighed and measured Maria. The doctor examined her. Then, the doctor asked Maria what kinds of foods she liked to eat and what kinds of things she liked to do. Maria said that she loved foods like donuts, cookies, and enchiladas, and she drank soda all the time. She told the doctor that she sat around watching TV for a couple of hours each day. The doctor decided to do a blood test to see how much sugar was in Maria's blood.

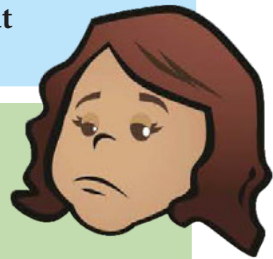


The bad news was that there was so much sugar in Maria's blood that her body couldn't use it all. Maria had developed diabetes. Diabetes was making her tired and very, very thirsty. The good news was that Maria could keep the disease under control so she would not feel so tired and thirsty all the time.

Maria's doctor told her and her mom that she needed to eat more healthy foods, like vegetables and fruits. The doctor also told Maria she shouldn't eat so many sweet and fried foods each day, and she should drink water instead of soda. The doctor asked Maria's mom to help her think about ways to get some exercise every day, too.

Maria and her mom decided that she could ride her bike to school some days instead of having her mom drive her. Maria told her mom that she wanted to play with friends after school instead of watching TV.

Also, the whole family could take walks after dinner each night so they could get some exercise together and be healthy.





# Lección 1 – María Tiene Diabetes

## Hoja de Repaso – Libro de Trabajo del Estudiante

### María Tiene Diabetes

La diabetes es una enfermedad que se desarrolla cuando hay demasiada azúcar en la sangre. Esta es la historia de María y de cómo desarrolló diabetes y se enfermó.

Todo empezó porque María comía demasiados alimentos dulces y grasosos, como barras de chocolate, barbacoa, papas fritas y fritos. Ella tampoco se movía y no hacía suficiente ejercicio.



La maestra de María notó que María se cansaba durante el día y habló con la madre de María. La madre de María dijo que usualmente María siempre estaba sentada y que tampoco tenía energía en casa. Su madre decidió que era una buena idea llevar a María a ver al doctor.

Una enfermera pesó y midió a María. El doctor la examinó. Luego, el doctor le preguntó a María qué tipo de comida le gustaba comer y qué tipo de cosas le gustaba hacer. María dijo que ella le gustaban las donas, las galletas y las enchiladas y que bebía soda todo el tiempo. También le dijo al doctor que se sentaba a ver la TV durante un par de horas cada día. El doctor decidió hacerle una prueba de sangre para saber la cantidad de azúcar que María tenía en su sangre.



Las malas noticias fueron que había tanta azúcar en la sangre de María que su cuerpo no podía utilizarla toda. María había desarrollado diabetes. La diabetes la hacía sentir cansada y sedienta. Las buenas noticias eran que María podría controlar la enfermedad para que no se sintiera tan cansada y sedienta todo el tiempo.

maneras de hacer ejercicio.

algunos días en lugar de que su mamá la llevara en cocha. María le dijo a su mamá que quería jugar con sus amigos después de la escuela en lugar de ver la TV.

Además, toda la familia puede salir a caminar después de cenar cada noche para que puedan hacer ejercicios juntos y estar sanos.





# Lesson 1 – Maria Has Diabetes

## Activity Sheet – Student Workbook

### Help Maria Figure Out How She Got Diabetes

Ask each question listed below about the story. Circle the correct answer(s) for each question or answer each question with a complete sentence.

1. What kinds of food did Maria eat and drink that were not so healthy for her?

**candy, fruits, french fries, donuts, oatmeal, cookies, soda, water, corn tortillas**

2. What kinds of things was Maria doing that were not so healthy for her?

**riding a bike, watching TV, playing, sitting around, not moving around, jump rope, running**

3. Why were Maria's teacher and mom concerned about her?

**tired at school, she had a fever, she liked to run, she sat around a lot, she didn't have energy**

4. Maria was very honest with her doctor about what she like to eat and do. Was it a good idea for her to tell the doctor the truth? Why?

**The doctor needed all the information to give her the right advice and treatment.**

5. What happened when too much sugar got into Maria's blood?

**She develops diabetes.**

6. How might someone feel if they have diabetes?

**Very tired and thirsty.**

7. What did the doctor say that Maria should do now to help control the diabetes?

**Eat fruits, vegetables, and whole grains. Eat fewer fatty and sweet foods.**

**Exercise daily.**

# Lección 1 – María Tiene Diabetes

## Hoja de Actividades – Libro de Trabajo del Estudiante

### Ayuda a María a Descubrir Como Adquirió Diabetes

#### Instrucciones:

Hacer las siguientes preguntas relacionadas a la historia. Circular la(s) respuesta(s) correcta(s) a cada pregunta o contestar cada pregunta con una oración completa.

1. ¿Qué tipo de alimentos María comía y bebía que no eran tan saludables para ella?

**dulces, frutas, papas fritas, donas, avena, galletas, soda, agua, tortillas de maíz**

2. ¿Qué tipo de cosas estaba haciendo María que no eran tan saludables para ella?

**andar en su bicicleta, ver TV, jugar, estar sentada, no moverse, brincar la cuerda, correr**

3. ¿Por qué la maestra y la mamá de María estaban preocupadas?

**María estaba cansada en la escuela, María tenía fiebre, María le gustaba correr, María le gustaba estar sentada todo el tiempo, María no tenía energía**

4. María fue muy honesta con el doctor acerca de lo que le gustaba comer y hacer. ¿Tú piensas que fue una buena idea que le dijera al doctor la verdad? ¿Por qué?

**El doctor necesitaba toda la información para darle consejos y tratamiento.**

5. ¿Qué sucede cuando entra demasiada azúcar en la sangre de María?

**Ella desarrolla la diabetes.**

6. ¿Cómo se sentiría alguien si tuviera la diabetes?

**Muy cansado y sediento.**

7. ¿Qué dijo el doctor que María debería hacer para ayudar a controlar la diabetes?

**Comer frutas, verduras, y granos enteros. Comer menos comidas con azúcar y grasa.**

**Hacer ejercicio.**

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