

Bienestar / NEEMĀ Health Program

3rd Grade Health Curriculum Teacher's Guide



Bienestar/NEEMA Health Program 3rd Grade Health Curriculum Teacher's Guide

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

Find us on the World Wide Web at www.SAHRC.org

©2020 Presa Publishing L.L.C.

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

Acknowledgements

We acknowledge the Social and Health Research Center, INC staff for their scientific contributions to the Bienestar/NEEMA curriculum's health content.

And we acknowledge the contribution that children, teachers, and parents had in making the Bienestar/NEEMA activities fun and selecting illustrations that are attractive to children.

Graphic Design / Illustrations / Marie Ferrante / www.marieferrante.com

Notice of Rights

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of the publisher. For more information on getting permission for reprints and excerpts, contact the Social and Health Research Center, INC.

Notice of Liability

The information in this book is distributed on an "As is" basis, without warranty. While every precaution has been taken in the preparation of this book, the author shall not have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions in this book.

Printed and bound in the United States of America.

Printed on recycled paper.

978-1-953780-19-5

Table of Contents

Pre-Test.....	v
Lesson 1: The Daily Path to Good Health.....	1
Eating healthy, exercising every day, and not weighing too much are along the path that leads to good health and prevention of diabetes and heart disease.	
Lesson 2: The Daily Path to Good Oral Health.....	8
Explains the presence of both primary and permanent teeth and presents proper oral hygiene habits.	
Lesson 3: Maria and Diabetes.....	14
Explains diabetes and what happens in the body when a person has diabetes.	
Lesson 4: Why Does Diabetes Develop?	26
Identifies the causes of diabetes and how practicing healthy behaviors can help to prevent or control diabetes.	
Lesson 5: Danger Signs of Diabetes	39
Identifies the warning signs of diabetes and the need to seek medical advice when signs appear.	
Lesson 6: The Seven Superstars	47
Describes the nutrients found in the food we eat and drink. Discusses why nutrients and fiber are important for growth and good health.	
Lesson 7: MyPlate Picks.....	58
Describes the importance of the MyPlate for diabetes and heart disease prevention, the different types of food in each group, and identifies the number of servings per day for each group.	
Lesson 8: Drink to Good Health	69
Describes and provides examples of healthy drinking options and explains the importance of choosing healthy beverages.	
Lesson 9: Get Moving.....	77
Explains how exercise helps the heart, muscles, and lungs become stronger. Discusses the 10–60–7 exercise plan. Describes why exercise is important for good health. Also provides examples of aerobic, muscle, and bone strengthening activities.	
Lesson 10: Angie Has High Blood Pressure	92
Defines high blood pressure, or hypertension, and explains what causes it.	
Lesson 11: It’s the “Weigh” to Be	99
Discusses how exercise plays a role in staying at a healthy weight. Explains the connection between exercise, weight, and diabetes and heart disease prevention.	
Lesson 12: The Steps to Good Health	106
Eating healthy, exercising every day, and staying at a healthy weight are daily activities on the path to good health and diabetes and heart disease prevention.	
Lesson 13: Making Healthy Choices	113
Reviews the steps to the decision-making process and what influences healthy decisions, as well as why making healthy choices is important.	
Lesson 14: Don’t Push Me: Drugs & Alcohol Prevention.....	118
Explains the difference between good drugs (medicine) and bad drugs and describes the effects of alcohol on the body.	
Lesson Review	123
Post-Test	127

3rd 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. Which does NOT increase your chances of developing diabetes?

¿Qué NO aumentará las probabilidades de desarrollar diabetes?

- a. Having a friend with diabetes
Tener un amigo con diabetes
- b. Being overweight
Tener sobrepeso
- c. Eating foods high in fat
Comer alimentos con alto contenido de grasa
- d. Eating too many sweets
Comer muchos dulces

2. What is the role of sugar/glucose in the bloodstream?

¿Cuál es la función del azúcar/glucosa en la corriente sanguínea?

- a. Increase the size of your body's cells
Aumentar el tamaño de la células del cuerpo
- b. Repair the body's cells
Reparar las células del cuerpo
- c. Carry insulin to the body's cells
Llevar la insulina a las células del cuerpo
- d. Fuel the body's cells
Dar combustible a las células del cuerpo

3. Which nutrients help your body's cells grow and repair themselves?

¿Cuáles son las sustancias nutritivas que ayudan a que las células del cuerpo crezcan y se reparen?

- a. Carbohydrates
Carbohidratos
- b. Vitamins
Vitaminas
- c. Minerals
Minerales
- d. Proteins
Proteínas

Lesson 1 – The Daily Path to Good Health

El Camino Diario hacia Una Vida Sana

Health TEKS: 2A, 2B, 2C, 2D, 3B, 7, 8B

National Standards: 1.5.1, 1.5.4, 2.5.3, 2.5.5, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 4.5.4, 5.5.1, 5.5.2, 5.5.3, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3

Objectives

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

1. **Explain** that good health involves eating three healthy meals, healthy snacks, getting some exercise every day, and not weighing too much.
2. **Describe** how these daily health habits can also prevent diabetes and heart disease.

Lesson Summary

- Eat more food with fiber such as vegetables, fruits, and foods with whole grains. Fruits, vegetables, and whole grains (i.e. whole wheat flour vs. white refined flour) have more fiber and less sugar and fat, which is why they are healthier for the body. They can also help prevent diabetes and heart disease.
- It is important to exercise. Children should get 60 minutes of exercise/physical activity every day. The 60 minutes can include daily activities that get you moving around, as well as other structured exercises.
- Watch your weight! If you weigh too much, it means you are not making good food choices, you are eating too much at meals or in between meals, and not exercising enough. Being overweight (weighing too much) can cause problems like diabetes and heart disease.
- It is important to follow this path every day to stay healthy and prevent diabetes and heart disease.



Materials

- Computer/Tablet/Phone
- Pens or pencils

A. Lesson Introduction

To start this lesson, say something like:

"Today you are going to learn about some important steps on the path to good health. Here are three important things you should do every day: 1) Eat more food with fiber like vegetables, fruits, and foods with whole grains; 2) Get 60 minutes of exercise every day; 3) Stay at a healthy weight.

If you follow this path every day, you will be healthier and lower your chance of getting sick with diseases like diabetes and heart problems."

"Hoy aprenderás algunos pasos importantes acerca del camino hacia una vida sana. Estas son tres actividades importantes que debes hacer diariamente: 1) Comer más alimentos con fibra como vegetales, frutas y cereales; 2) Hacer ejercicio 60 minutos diariamente; 3) Mantener, un peso saludable.

Si sigues este camino diariamente te mantendrás saludable y disminuirás las probabilidades de desarrollar enfermedades como la diabetes y problemas del corazón."

Lesson 1 – The Daily Path to Good Health

Teaching Concept 3

If you are overweight, your body has to work harder just to do easy things like walking.

- Eating a balanced meal will help you maintain a healthy weight.
- A good rule to follow – eat only when you are hungry and stop eating when you feel full. If you eat too much and don't exercise, you will gain too much weight.
- One of the causes of diabetes and heart disease is weighing too much or being overweight.

Ask: What causes people to gain weight or weigh too much?

Answer: Eating too much food and not exercising enough.

Ask: How do you feel when you eat too much?

Answer: You feel stuffed; you don't feel like doing anything; you feel tired and sleepy.

Ask: How can you stop yourself from eating too much at a meal or all during the day?

Answer: Eat only when you are hungry and stop eating when you feel full.

Teaching Concept 4

If you have questions about what is healthy for you, ask a trusted adult. This could be your parents, health teacher, P.E. teacher, school nurse, or doctor. If they don't know, ask them for help finding the information with you. You can look for answers at the school library in books or online. When looking for information, it is important to make sure that what you are reading is true. Websites that end in ".gov" are the most trusted. Websites that end in ".org" can be a good second option. Always make sure to ask an adult for help when researching.

Ask: Why is it important to ask for a trusted adult's help when searching for health information?

Answer: You need to make sure that the information is coming from a trusted source.

Teaching Concept 5

Being healthy not only makes your body feel good, but it makes you feel good about yourself too! Students who are physically active feel proud, make more friends (like on sports teams), grow strong, and even sleep better at night. Kids who eat healthy foods also have more energy and can do better in school.

Sometimes it might be tempting to make unhealthy choices, like staying inside to play video games, eating a double scoop of ice cream, or eating too much after your body is full. We may even see our favorite T.V. characters or family members making unhealthy decisions. It is important to keep your health in mind and practice self-control in situations like these. Stop and think, "Is this healthy for me?" If not, think of a healthier alternative.

Discuss: You are playing video games with your friends and hear the ice cream truck music. One of your friends suggests getting hot chips with cheese and chocolate ice cream. What do you do? (Practice demonstrating refusal skills.)

C. Check for understanding

1. Have the students access the Bienestar/NEEMA (SAHRC) website 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 – The Daily Path to Good Health

Activity Sheet – Student Workbook

Finding Your Way to Good Health

Some of the words or pictures along this path are NOT needed for good health. When you find one of them, put an X through it.



Lección 1 – El Camino Diario hacia Una Vida Sana

Hoja de Actividades – Libro de Trabajo del Estudiante

Encuentra El Camino hacia Una Vida Sana

Algunas de las palabras o gráficas que están a lo largo del camino NO son necesarias para la buena salud. Cuando encuentres una de ellas, ponle una X grande encima.



BIENESTAR/NEEMA



**Bienestar/NEEMA Health Program
921 Matagorda St.
San Antonio, Texas 78210
Phone: (210) 533-8886**



www.sahrc.org