

# Bienestar / NEEM-A Health Program

4<sup>th</sup> Grade Health Curriculum Teacher's Guide



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## 4th Grade Health Curriculum

### Teacher's Guide

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# 4th 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 needs to be “in balance” to stay at a healthy weight?

¿Qué se necesita tener “en equilibrio” para mantener un peso saludable?

1. Eating more bread and less meat  
Comer más pan y menos carne
2. Eating more healthy foods and getting exercise  
Comer más alimentos saludables y hacer ejercicio
3. Getting more sleep and eating foods low in fiber  
Dormir más y comer alimentos bajos en fibra
4. Eating more vegetables and exercising less  
Comer más vegetales y hacer menos ejercicio

### 2. What is the disease called where you have too much sugar in your blood?

¿Cómo se llama la enfermedad cuando se tiene demasiada azúcar en la sangre?

- a. Glucose  
Glucosa
- b. Insulin  
Insulina
- c. Diabetes  
Diabetes
- d. Stroke  
Derrame cerebral

### 3. You can get enough exercise if you \_\_\_\_\_ every day.

Tú haces suficiente ejercicio al día se \_\_\_\_\_.

- a. Walk up one flight of stairs  
Subes las escaleras
- b. Play a computer game for 30 minutes  
Juegas en tu computadora por 30 minutos
- c. Load the dishes in the dishwasher  
Pones los platos en el lavaplatos/lavavajilla
- d. Play a game of basketball and walk the dog for a total of 60 minutes  
Juegas basquetbol y caminas al perro por un total de 60 minutos

# Lesson 1 – Healthy Living

## Vida Sana

**Health TEKS: 2C, 5A, 9A, 9B**

**National Standards: 1.5.1, 1.5.4, 4.5.1, 4.5.2, 5.5.4, 5.5.6, 7.5.2, 7.5.3**

### Objectives

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

1. **Explain** the importance of following the healthy guidelines: eating in moderation, getting lots of exercise, and getting enough sleep.
2. **Describe** some things they can do to have good health now and throughout their lives to prevent obesity, diabetes, and heart disease.
3. **Understand** the importance of getting enough sleep.

### Lesson Summary

- Healthy Living Guideline 1 - It is important to eat in moderation (not eat too much) and to eat a variety (many different kinds) of foods, in order to prevent diseases like diabetes and heart disease. Overeating is directly connected to obesity and being overweight, which leads to an alarming increase in diabetes and heart disease.
- Healthy Living Guideline 2 - A sedentary lifestyle (not moving around enough) is another factor that leads to diseases like diabetes and heart disease. Getting some exercise every day is important.
- Healthy Living Guideline 3 - A lack of sleep can interfere with a child's progress in school. They will often find it difficult to concentrate on school work and may become irritable.



### Materials

- Computer/Tablet/Phone
- Pens or pencils

# Lesson 1 – Healthy Living

## Teaching Concept 6

1. Whatever you decide to do for exercise, it needs to be something you like to do and can have fun while you are doing it or you will not do it as much as you should.
2. It is important to move around and play when you are at home too. Any form of moving around will help, rather than just sitting and watching TV. You should limit your TV watching to only 10 hours a week or about 1 to 1 1/2 hours a day.
3. Start with little things, like going for a walk with your family and do more and more each day.
4. Find different kinds of things you like to do. Some things you can do alone and some things you can do with friends or family.

**Ask:** What can you do to get exercise at school?

**Answer:** At school you can move around during recess by walking, skipping, jumping rope, or running. You should also move around as much as possible in P.E. class.

**Ask:** How about at home?

**Answer:** At home you should move around as much as possible by helping around the house, like vacuuming the carpet, making the bed, sweeping or mopping, doing yard work, going for a walk with friends or family, running, biking, skateboarding, jumping rope, in-line skating, playing a game of tag, playing ball, etc. Also, walking up and down stairs is good exercise.

## Teaching Concept 7

### Get 9-10 hours of Sleep Every Night

- Just like your body needs exercise every day, you also need lots of rest and sleep each day.

**Ask:** How do you feel when you don't get enough sleep?

**Answer:** You could have problems thinking or staying awake, you feel grumpy, and you can become sick.

- Children around 9 to 11 years of age need about 9-10 hours of sleep each night. During sleep, your body repairs itself, helps you fight germs that make you sick, helps you grow, and gets you ready to do things you have to do the next day, like going to school, learning, and getting exercise.

**Ask:** Why is getting a lot of sleep important at your age?

**Answer:** When you are sleeping, the body rests and this helps you grow, fight off getting sick, and repairs itself so you can do the things you want to do without being tired.



## 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 – Healthy Living

## Activity Sheet – Student Workbook

# Making Smart Choices

### Part 1:

#### Directions:

Listen to each story as it is read to you. Answer the question in the story by drawing a circle around the two (2) correct answers in each list.

- Hakeem does not eat breakfast. He is so hungry at lunch that he eats until he is stuffed and then eats a candy bar. What are some healthy things Hakeem could do instead?**
  - He should eat a healthy breakfast.\*
  - He should only eat until he feels full.\*
  - He should only eat the candy bar for lunch.
  - He should drink a glass of chocolate milk instead of eating the candy bar.
- During vacation, Angie, Liam, Ramiro, and Emma spend a lot of time sitting and watching TV. What could they do that would help them get some exercise?**
  - They could sit in the yard.
  - They could go for a walk.\*
  - They could play tag.\*
  - They could play video games.
- Maria goes to bed late every night and has to get up early for school. What can happen to Maria if she does not get enough sleep?**
  - It will be harder for her to pay attention in school.\*
  - It will not make a difference in the way she feels.
  - She will feel tired and grumpy.\*
  - She will feel hungry.



# Lección 1 – Vida Sana

## Hoja de Actividades – Libro de Trabajo del Estudiante

# Haciendo Decisiones Inteligentes

### Parte 1:

### Instrucciones:

Escucha cada cuento que se te va a leer. Contesta la pregunta del cuento y circula las dos (2) respuestas correctas en cada lista.

- Hakeem no desayuna. Siente tanta hambre a la hora de la comida que come hasta que no puede más y luego se come un dulce. ¿Cuales son algunas cosas saludables que Hakeem podría hacer en lugar de lo que hace?**
  - Debe de comer un desayuno saludable\*
  - Debe comer hasta que se sienta satisfecho/lleño.\*
  - Debe comer solamente el dulce a la hora de la comida.
  - Debe de tomarse un vaso con leche de chocolate en lugar de una barra de chocolate.
- Durante las cacaciones, Angie, Liam, Ramiro, y Emma pasan mucho tiempo sentados y viendo televisión. ¿Qué podrían hacer para que les ayude a hacer ejercicio?**
  - Sentarse en el jardín.
  - Ir a caminar.\*
  - Jugar a la mancha.\*
  - Jugar videojuegos.
- María se va a la cama muy tarde cada noche y tiene que levantarse temprano para la escuela. ¿Qué puede pasarle a María si no duerme lo suficiente?**
  - Sera mas difícil para María poner atención en la escuela.\*
  - No habrá diferencia en cómo se sentirá.
  - Se sentirá cansada y enojada.\*
  - Se sentirá hambrienta.







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