

Bienestar / NEEMA **Health Program**

5th Grade Health Curriculum Teacher's Guide



Bienestar/NEEMA Health Program

5th 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

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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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5th 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 the disease called where you have too much sugar in your blood?

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

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

2. Which is NOT part of the digestive system?

¿Cuál no es parte del sistema digestivo?

- a. Stomach
Estómago
- b. Kidney
Riñón
- c. Pancreas
Páncreas
- d. Esophagus
Esófago

3. It is healthy for a person to eat 3-4 servings of vegetables each day because vegetables are:

Es saludable que una persona coma 3-4 porciones de verduras cada día porque verduras son:

- a. Hard to find.
Difícil de encontrar.
- b. Low in fiber.
Bajo en fibra.
- c. High in sugar.
Altos en azúcar.
- d. Low in fat.
Bajo en grasa.

Lesson 3 – Battling Diabetes

Luchando Contra La Diabetes

Health TEKS: 2C, 2D, 10A, 10B

National Standards: 1.5.1, 1.5.4, 1.5.5, 2.5.1, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 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** what happens in the body when a person has diabetes.
2. **Distinguish** between type 1 and type 2 diabetes.
3. **Identify** the warning signs of diabetes.



Lesson Summary

- Diabetes is a very serious and dangerous disease. The body's blood sugar level (called glucose) is too high. This happens when the body cannot use all the sugar that is found in the foods you eat and drink. The blood always has some sugar in it, because the body needs sugar for energy to keep you going. Most people with diabetes will have too much sugar in their blood. When this happens, it can make the person sick.
- People with diabetes can be thin or overweight.
- There are two kinds of diabetes: type 1 and type 2.
 - a. Type 1 is less common. 5 out of 100 people who have diabetes will have this type. In this type of diabetes, the body does not produce any insulin to use.
 - b. Type 2 diabetes is more common. It is found in adults and is now being diagnosed in children. 95 out of 100 people who have diabetes will have this type. In type 2 diabetes, the insulin that is in the body is not used the right way. This type of diabetes is more common in Hispanics/Latinos, African-Americans, Asian-Americans, Native Americans, and individuals who are obese.
- The warning signs of diabetes a person may have are:
 - a. Going to the bathroom to urinate a lot during the day and also having to get up during the night to go
 - b. Feeling thirsty a lot
 - c. Feeling hungry a lot
 - d. Feeling tired most of the time
 - e. Feeling dizzy or having unclear vision (blurry vision)
 - f. Losing weight, even though they are eating a lot of food.

Materials

- Computer/Tablet/Phone
- Pens or pencils

Lesson 3 – Battling Diabetes

Teaching Concept 5 – Type 2 Diabetes

The second kind of diabetes is type 2 Diabetes.

- Type 2 is the most common kind of diabetes in adults and now is being found in children.
- 95 out of 100 people who have diabetes will have this type.
- The insulin that is in their bodies is not used correctly because of:
 - a. Not eating enough food with fiber.
 - b. Not getting enough exercise.
 - c. Being overweight.
- When insulin isn't used correctly, people have too much sugar in their blood.

Teaching Concept 6

Ask: What is a warning sign?

Answer: Things that tell or warn people they may be in danger.

Ask: What would the warning signs of diabetes tell you?

Answer: A person may be in danger of getting diabetes.

- Discuss each warning sign from the list. Emphasize that the warning signs are like danger signals your body gives you to let you know you may have diabetes.
- Emphasize that it does not necessarily mean that you have diabetes if you just have one or two of these signs. For example, if your vision is unclear you may just need glasses.
- If you think you have some of these signs, it is very important that you tell your parents or talk to the school nurse, so you can get tested for diabetes.

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 3 – Battling Diabetes

Activity Sheet – Student Workbook

How A Person Gets Diabetes



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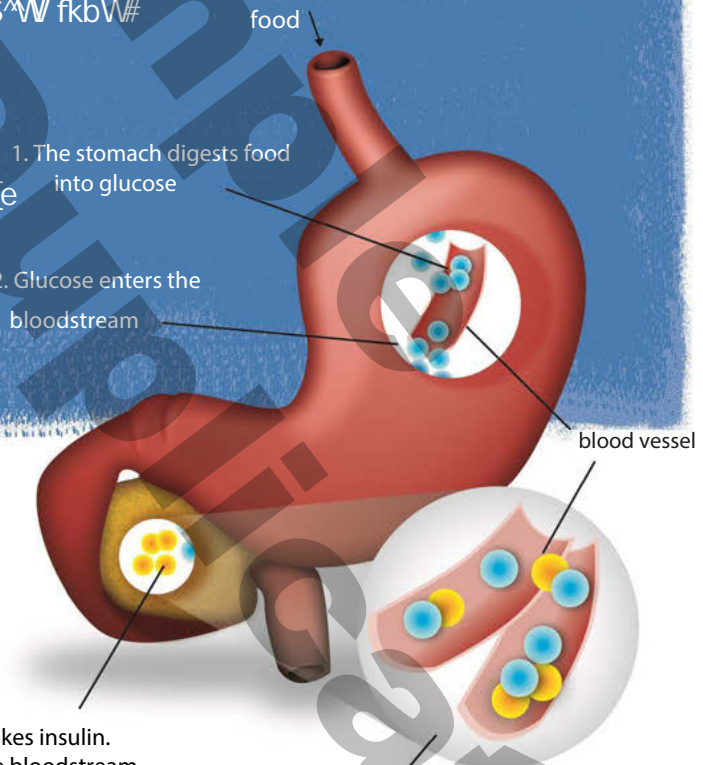
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have diabetes will have type 1.

These people don't produce any
insulin at all.

6ž The most Ua_ _ a` fkbWāXV[STVWē [e
US^W fkbWē diabetes. 95 out of 100
people who have diabetes have this
type. In this type of diabetes, insulin
is not used in the right way or not
enough is being produced.



3. The pancreas makes insulin.

4. Insulin enters the bloodstream.

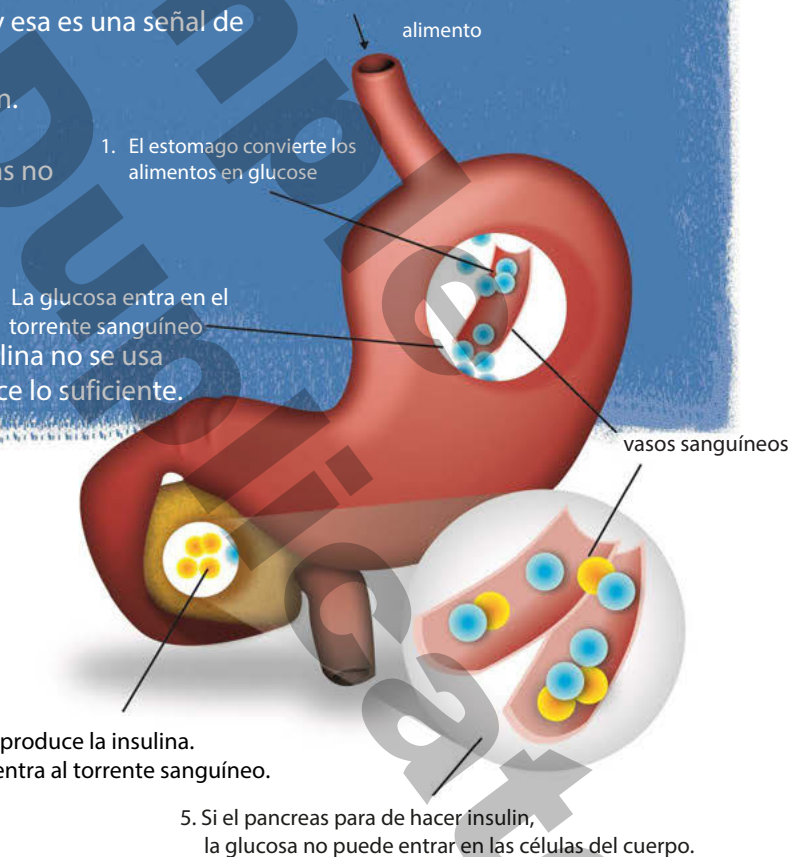
5. If the pancreas stops making insulin,
glucose can't get into the cells of the body.

Lección 3 – Luchando Contra La Diabetes

Hoja de Actividades – Libro de Trabajo del Estudiante

Como Se Adquiere La Diabetes

1. El cuerpo necesita azúcar como combustible o energía para su funcionamiento, es decir, así como un carro usa la gasolina para funcionar. El azúcar que el cuerpo usa se llama glucosa y proviene de los alimentos y bebidas consumes.
2. El cuerpo produce una sustancial llamada insulina elaborada pro el páncreas. La insulina es importante porque transporta el azúcar a todas las células del cuerpo, para que pueda usarse como combustible o energía.
3. Una persona desarrolla diabetes cuando tiene demasiado azúcar en la sangre. Esto ocurre cuando una persona come o bebe alimentos demasiado dulces, demasiado grasosos, no come suficientes alimentos con fibra (frutas, verduras y cereales), no hace ejercicios y sube demasiado peso.
4. La sangre termina con demasiada azúcar porque la insulina no puede sacar todo el azúcar de la sangre y llevarla a las células, donde se requiere como combustible o energía. Cuando esto ocurre, el cuerpo se siente cansado y débil, y esa es una señal de que la persona tiene diabetes.
5. La diabetes tipo 1 es la menos común. 5 de cada 100 personas que tienen diabetes son de tipo 1. Estas personas no tienen insulina en su cuerpo.
6. El tipo 2 es el más común de la diabetes. 95 de cada 100 personas que tienen diabetes son de este tipo. En este tipo de diabetes, la insulina no se usa de la manera correcta o no se produce lo suficiente.



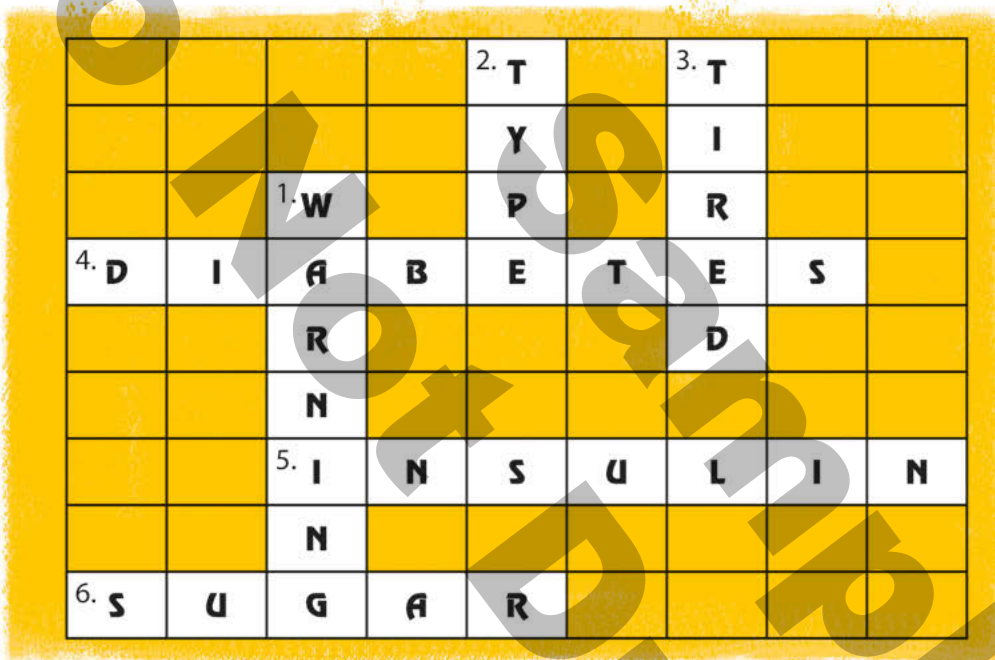
Lesson 3 – Battling Diabetes

Activity Sheet – Student Workbook

Understanding Diabetes

Directions:

Read each clue sentence below. Then finish the sentence and fill in the puzzle using the words in the word bank.



DOWN

1. Having to go the bathroom to urinate a lot, feeling thirsty, and feeling hungry most of the time, are all _____ signs of diabetes.
2. The most common kind of diabetes is _____ 2.
3. Someone who has diabetes will feel weak and _____ most of the time.

ACROSS

4. The disease _____ happens when a person has too much sugar in their blood.
5. _____ carries the sugar (glucose) to the cells in the body, so it can be used as fuel.
6. The _____ your body uses is called glucose and comes from the food you eat and drink.

Lección 3 – Luchando Contra La Diabetes

Hoja de Actividades – Libro de Trabajo del Estudiante

Comprendiendo La Diabetes

Instrucciones:

Lee cada oración a continuación. Luego completa la oración y llena el crucigrama usando las palabras del banco de palabras.

									1. I			
									N			
		3. C							S			
5. D	I	A	B	E	T	E	S		U			
		N							L			
		S							I		2. T	
		4. A	D	V	E	R	T	E	N	C	I	A
		D							A		P	
		6. A	Z	U	C	A	R				O	

VERTICALES

1. La _____ transporta el azúcar (glucosa) a las células del cuerpo, para que éste la use como combustible.
2. La clase más común de diabetes es el _____ 2.
3. La persona que tiene diabetes se siente débil y _____ la mayor parte del tiempo.

HORIZONTALES

4. Orinar con frecuencia, sentir mucha sed y mucha hambre la mayor parte del tiempo son todos signos _____ de diabetes.
5. Le enfermedad _____ ocurre cuando una persona tiene demasiado azúcar en su sangre.
6. El _____ que tu cuerpo usa llama glucosa y proviene de los alimentos y bebidas que consumes.

Banco de Palabras:

Tipo

Advertencia

Cansada

Insulina

Azúcar

Diabetes



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