

Bienestar / NEEEMA

Health Program

Kindergarten Health Curriculum



Teacher's Guide

Bienestar/NEEMA Health Program Kindergarten Health Curriculum Teacher's Guide

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Table of Contents

| | |
|---|-----------|
| Pre-Test..... | V |
| Lesson 1: The Daily Path to Good Health..... | 1 |
| Some daily healthy behaviors involve eating three healthy meals and healthy snacks, exercising every day, and getting enough sleep. | |
| Lesson 2: The Daily Path to Good Oral Health | 9 |
| Identifies terminology and number of teeth for children in the kindergarten age range and shows children how to properly care for their teeth. | |
| Lesson 3: Three Healthy Meals | 15 |
| Identifies a healthy balanced diet and the importance of making healthy food choices for breakfast, lunch, and dinner. | |
| Lesson 4: Eat 5 Today the Colorful Way | 25 |
| Explains the importance of choosing 5-a-Day the colorful way and how to find fruits and vegetables in colors purple or blue, green, yellow or orange, white, and red. | |
| Lesson 5: Foods from A – Z | 34 |
| Identifies a variety of foods from the MyPlate that would make healthy snacks. | |
| Lesson 6: What is a Healthy Drink? | 42 |
| Explains the importance of choosing healthy beverages and provides examples of healthy drinks. | |
| Lesson 7: Exercise Every Day..... | 50 |
| Defines exercise and explains why getting exercise every day is important for good health. | |
| Lesson 8: Following the Path to Good Health | 58 |
| Reviews the importance of eating three healthy meals and healthy snacks, as well as getting exercise every day, and why an adequate amount of sleep is important for good health. | |
| Lesson 9: Don't Push Me: Drugs & Alcohol Prevention | 66 |
| Explains the difference between good drugs (medicine) and bad drugs and describes the effects of alcohol on the body. | |
| Post-Test | 71 |

Kinder Pre-Test

School Name _____

Name of Teacher _____ Name of Student _____

Date ____/____/____

Instructions

This book contains a pre- and post- test. Both tests contain the same questions and answers. The pre-test is to be administered before the first lesson is taught and the post test after the last lesson is completed. This test can be administered to an individual child or in small groups with the assistance of the health educator.

1. Circle the LEAST healthy food.



Carrot



Broccoli



French Fries



Corn

2. Circle the LEAST healthy food.



Watermelon



Grapes



Pear



Doughnut

3. Circle the child that IS exercising.



Riding bike
with helmet



Playing video
games



Watching TV



Talking with
friends

Pre-Examen de Kindergarten

Nombre de la Escuela: _____

Nombre del profesor _____ Nombre del estudiante _____

Fecha ____/____/____

Instrucciones:

Este libro cuenta con un examen previo y otro final. Ambos exámenes contienen las mismas preguntas y respuestas. El examen previo se administra antes de impartir la primera lección; y el examen final después de la última lección. El examen puede administrarse a niños por individual o en grupos pequeños con la asistencia de personal.

1. Circula el alimento MENOS saludable.



Zanahoria



Brócoli



Papas fritas



Elote

2. Circula el alimento MENOS saludable.



Sandía



Uvas



Pera



Dona

3. Circula el niño/a haciendo ejercicio.



Andar en bicicleta



Jugar videojuegos



Ver televisión



Placticar con amigos/a

Lesson 1 – The Daily Path to Good Health

El Camino Diario hacia Una Buena Salud

Health TEKS: 1A, 1B, 6A, 6D, 7B

National Standards: 1.2.1, 1.2.2, 3.2.1, 7.2.1, 7.2.2, 8.2.2

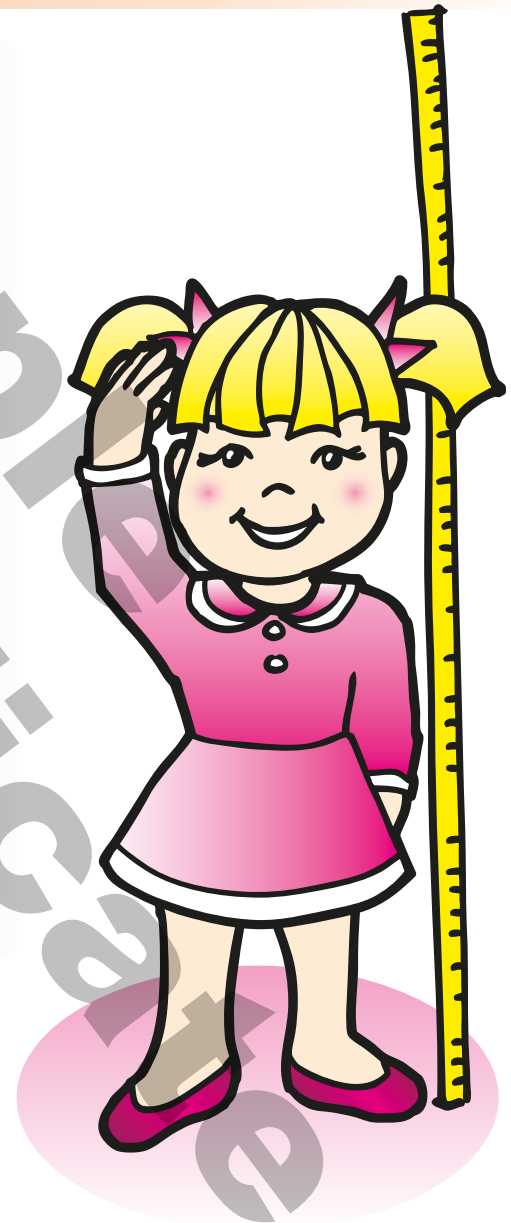
Objective

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

1. Explain that good health involves eating three healthy meals a day, eating healthy snacks, and getting enough exercise every day, as well as getting an adequate amount of sleep and taking care of your teeth daily (oral health).
2. Describe how making healthy choices can become part of a child's life with the guidance of a parent or adult.

Lesson Summary

- Healthy eating is very important for the path to good health. A young child should have three balanced meals and healthy snacks in between each meal. Starting the day with a good breakfast is important. It will give the child the energy they need to start the day. Fruits, vegetables, and foods with whole grain have less sugar and more fiber. Fruits, vegetables, and foods with whole grain are healthier choices than sweets or junk food. Healthy foods also help to maintain good oral and cardiovascular health.
- Get some exercise every day. It is very important to get at least 60 minutes (1 hour) of physical activity per day. The 60 minutes can include daily activities, such as walking or biking to school or playing outside with friends, as well as structured exercises, such as P.E. class or team sports. Exercise can keep away diseases such as diabetes and heart disease.
- Lack of sleep can interfere with a child's progress in school. They will often find it difficult to do schoolwork and may become irritable. A child needs an adequate amount of sleep to be able to grow and stay healthy.
- These habits can become part of a child's life with the guidance of a parent or adult.



Materials

- Computer/Tablet/Phone
- Pens or pencils

Lesson 1 – The Daily Path to Good Health

Teaching Concept 2

Now let's continue along the daily path to good health. This part of the path is about moving around and getting some exercise.

- Getting exercise makes your heart and other muscles strong and prevents you from getting diabetes.
- The first picture shows children playing soccer during recess. It is fun to exercise and play with friends.
- Now look at the picture of a girl jumping rope. She is playing alone and still exercising.
- The next picture shows a family taking a walk together. It is a lot of fun to exercise and play as a family too.
- Now you will find another large space along the path. This time draw your favorite exercise or activity.

Teaching Concept 3

Now look at the last picture on the path. It shows a sleeping child. It is very important to get a good night's sleep. Sleeping helps your body grow and get ready for the next day.

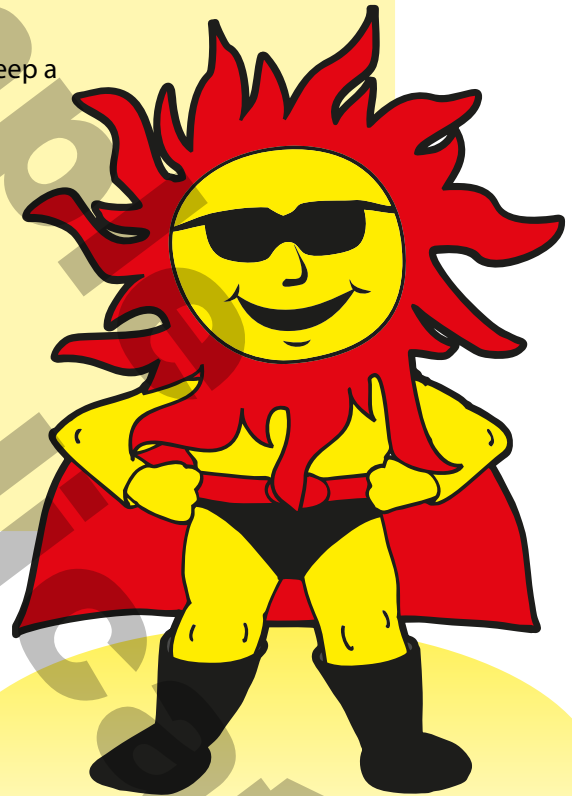
Your parents or other responsible adults can help you practice these healthy habits every day.

Teaching Concept 4

You learned that eating healthy foods and exercising can help you keep a healthy weight. Weight is how heavy a person is. Keeping a healthy weight can prevent you from getting diabetes and heart disease.

- Small children should have small amounts of food.
- Eat the right amount of food because overeating can cause you to gain weight.
- Stop eating when you feel full.
- Eat fewer sweets and fatty foods.
- Eat more fruits and vegetables.
- Drink water or milk instead of sodas.
- Exercise/play every day for at least 60 minutes.

Eating healthy meals and exercising will help you stay at a healthy weight and make you feel good about yourself.



C. Check for understanding

Ask the students the following questions as a lesson review.

1. What are some healthy foods we can eat? (Fresh fruits and vegetables; milk; 100% juice)
2. How many glasses of water should you drink a day? (5)
3. Why is exercising important? (To grow strong and maintain a healthy weight)
4. How many minutes should we exercise a day? (60 minutes)

Lesson 1 – The Daily Path to Good Health

Review Sheet - Student Workbook



Follow The Daily Path

Follow the daily path, daily path, daily path.
Follow the daily path, to a healthy life.

Eat your breakfast every day, every day, every day.
Eat your breakfast every day, to make your body go.

Move your body. Exercise, exercise, exercise.
Move your body. Exercise to make you big and strong.

Veggies are good snacks for you, snacks for you, snacks for you.
Veggies are good snacks for you. Eat some every day.

Get a lot of sleep each night, sleep each night, sleep each night.
Get a lot of sleep each night so you can learn in school.

Follow the daily path, daily path, daily path.
Follow the daily path, to a healthy life.



Lección 1 – El Camino Diario hacia Una Buena Salud

Hoja de Revisión – Libro de Ejercicios del Estudiante



Sigue el Camino Diario

Sigue el camino diario, camino diario, camino diario.
Sigue el camino diario, para una vida sana.

Desayuna cada día, cada día, cada día.
Desayuna cada día, para estar sano.

Muévete, ejercita, ejercita, ejercita.
Muévete, ejercítate, para crecer fuerte y sano.

Los vegetales son buenos para ti, buenos para ti, buenos para ti.
Los vegetales son buenos refrigerios, come verduras todos los días.

Duerme bien cada noche, cada noche, cada noche.
Duerme bien cada noche, para en la escuela aprender.

Sigue el camino diario, camino diario, camino diario.
Sigue el camino diario, para una vida sana.



Lesson 1 – The Daily Path to Good Health

Activity Sheet – Student Workbook

Follow The Daily Path



Start



My Favorite Healthy Food

WATER



My Favorite Kind of Exercise



Lección 1 – El Camino Diario hacia Una Buena Salud

Hoja de Actividades – Libro de Ejercicios del Estudiante

Sigue el camino diario



start



Mi comida saludable favorita

WATER



Mi ejercicio favorito



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