

# Bienestar / NEEMA

## Health Program

### Teacher Guide



Preschool Nutrition/  
Health Curriculum

# **Bienestar/NEEMA Health Program Preschool 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](http://www.SAHRC.org)

©2020 Presa Publishing, L.L.C.

## **Acknowledgments**

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

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

Graphic Design / Illustrations / Marie Ferrante / [www.marieferrante.com](http://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.

ISBN 978-1-953780-03-4

# Table of Contents

Foreward.....	iv
Introduction .....	v
Becoming Familiar with the Bienestar/Neema Health Curriculum .....	1
Supply List .....	2

## Preschool Pre-Test

Preschool Pre-Test.....	3
Preschool Pre-Test Answer Key.....	8

## Chapter 1: Growing

Lesson 1 – Growing .....	9
Lesson 2 – Ramiro’s Adventure.....	10
Lesson 3 – Daily Song .....	14
Lesson 4 – Activity-Healthy Child .....	17
Lesson 5 – Activity-Growing Children.....	17
Lesson 6 – Silly Moves for Fun.....	18
Family Fun Time.....	19

## Chapter 2: Fruits & Vegetables

Lesson 1 – Fruits & Vegetables.....	22
Lesson 2 – Ramiro’s Adventure.....	23
Lesson 3 – Daily Song .....	27
Lesson 4 – Activity-Rainbow of Fruits & Vegetables.....	30
Lesson 5 – Activity-Groups of Fruits & Vegetables .....	30
Lesson 6 – Silly Moves for Fun.....	31
Family Fun Time.....	32

## Chapter 3: Protein

Lesson 1 – Protein .....	35
Lesson 2 – Ramiro’s Adventure.....	36
Lesson 3 – Daily Song .....	40
Lesson 4 – Activity-Bag Full of Protein.....	43
Lesson 5 – Activity-Growing Muscles.....	43
Lesson 6 – Silly Moves for Fun.....	44
Family Fun Time.....	45

## Chapter 4: Dairy

Lesson 1 – Dairy .....	48
Lesson 2 – Ramiro’s Adventure.....	49
Lesson 3 – Daily Song .....	53
Lesson 4 – Activity-Healthy Dairy, Freezel!.....	56
Lesson 5 – Activity-Party with Dairy .....	56
Lesson 6 – Silly Moves for Fun.....	57
Family Fun Time.....	58

## Chapter 5: Grains

Lesson 1 – Grains .....	61
Lesson 2 – Ramiro’s Adventure.....	62
Lesson 3 – Daily Song .....	66
Lesson 4 – Activity-Fishing for Grains .....	69
Lesson 5 – Activity-Grainy Collage.....	69
Lesson 6 – Silly Moves for Fun.....	70
Family Fun Time.....	71

## **Chapter 6: MyPlate**

Lesson 1 – MyPlate.....	74
Lesson 2 – Ramiro’s Adventure.....	75
Lesson 3 – Daily Song .....	79
Lesson 4 – Activity-MyPlate Model .....	82
Lesson 5 – Activity-My Own Plate .....	82
Lesson 6 – Silly Moves for Fun.....	83
Family Fun Time.....	84

## **Chapter 7: Restaurant**

Lesson 1 – Restaurant .....	87
Lesson 2 – Ramiro’s Adventure.....	88
Lesson 3 – Daily Song .....	92
Lesson 4 – Activity-Our Healthy Menu .....	95
Lesson 5 – Activity-Can I Take Your Order?.....	95
Lesson 6 – Silly Moves for Fun.....	96
Family Fun Time.....	97

## **Chapter 8: Grocery Shopping**

Lesson 1 – Grocery Shopping .....	102
Lesson 2 – Ramiro’s Adventure.....	103
Lesson 3 – Daily Song .....	107
Lesson 4 – Activity-Going Shopping .....	110
Lesson 5 – Activity-Having Fun With Food.....	110
Lesson 6 – Silly Moves for Fun.....	111
Family Fun Time.....	112

## **Chapter 9: Taking Care of Our Bodies**

Lesson 1 – Taking Care of Our Bodies.....	115
Lesson 2 – Ramiro’s Adventure.....	116
Lesson 3 – Daily Song .....	120
Lesson 4 – Activity-Being Active is More Fun.....	123
Lesson 5 – Activity-Being Healthy Every Day.....	123
Lesson 6 – Silly Moves for Fun.....	124
Family Fun Time.....	125

## **Chapter 10: Diabetes**

Lesson 1 – Diabetes .....	128
Lesson 2 – Ramiro’s Adventure.....	129
Lesson 3 – Daily Song .....	133
Lesson 4 – Activity-The Warning Signs .....	136
Lesson 5 – Activity-Every Day & Sometimes.....	136
Lesson 6 – Silly Moves for Fun.....	137
Family Fun Time.....	138

## **Preschool Post-Test**

Preschool Post-Test.....	141
Preschool Post-Test Answer Key.....	146
Afterword .....	147

# Preschool Pre-Test

(Preschool Pre-Test Answer Key See Page 8)

School Name \_\_\_\_\_

Name of Teacher \_\_\_\_\_ Name of Student \_\_\_\_\_

Nombre del profesor \_\_\_\_\_ Nombre del estudiante \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Fecha \_\_\_\_/\_\_\_\_/\_\_\_\_

## Directions

The pre-/post-test should be administered before the first lesson is taught and after the last lesson. The moderator should read each question out loud. The moderator of the test should make accommodations for younger age children. For example, if the child is not able to circle the best answer, they could be asked to point to the best answer and the assistant or parent could circle the answer that the child chose. The test may be administered individually or in small groups.

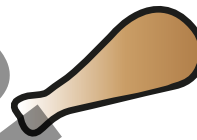
### 1. Select the fruit (Selecciona la fruta).



Apple  
Manzana



Carrot  
Zanahoria

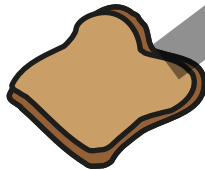


Chicken  
Pollo

### 2. Select the vegetable (Selecciona la verdura).



Broccoli  
Brócoli



Wheat bread  
Pan integral



Grapes  
Uvas

### 3. Select the healthy (good) drink (Selecciona la bebida saludable (buena)).



Fruit Punch  
Ponche de Frutas



Soda  
Soda



Milk  
Leche



# Chapter 1: Growing

National Health Standards: 1.2.1, 2.2.3, 7.2.1

## Lesson 1 – Growing

### Objective

Children will learn the importance of eating well, exercising, and getting enough sleep so that they can grow. They will also learn what the meaning of Healthy is and what MyPlate looks like.

### Teacher Information

This lesson will focus on four key areas to help children understand that they can impact their overall health by **eating fruits and vegetables, eating three balanced meals a day, exercising daily, and getting enough sleep.**

### Points to Discuss

Keeping our bodies healthy means doing things which makes our bodies grow:

- A. Eating Fruits and Vegetables
  - B. Eating a Healthy Breakfast, Lunch, and Dinner
  - C. Exercising
  - D. Getting Enough Sleep
- **Eating healthy and exercising every day** helps our bodies grow and stay strong.
  - **We all have different body types.** Some of us are tall and some of us are small, but what matters is that we eat to help our bodies grow and exercise every day.

### Ask Students to Give You Their Thoughts

- **What does healthy mean?**  
(Exercising, eating healthy foods, sleeping)
- **What kinds of foods help to keep us healthy?**  
(Fruits, vegetables, protein, dairy, grains)
- **Is sleep important for our bodies?**  
(Yes, we need about 10-13 hours of sleep every night.)



# Chapter 1: Growing

## Lesson 2 – Ramiro’s Adventure

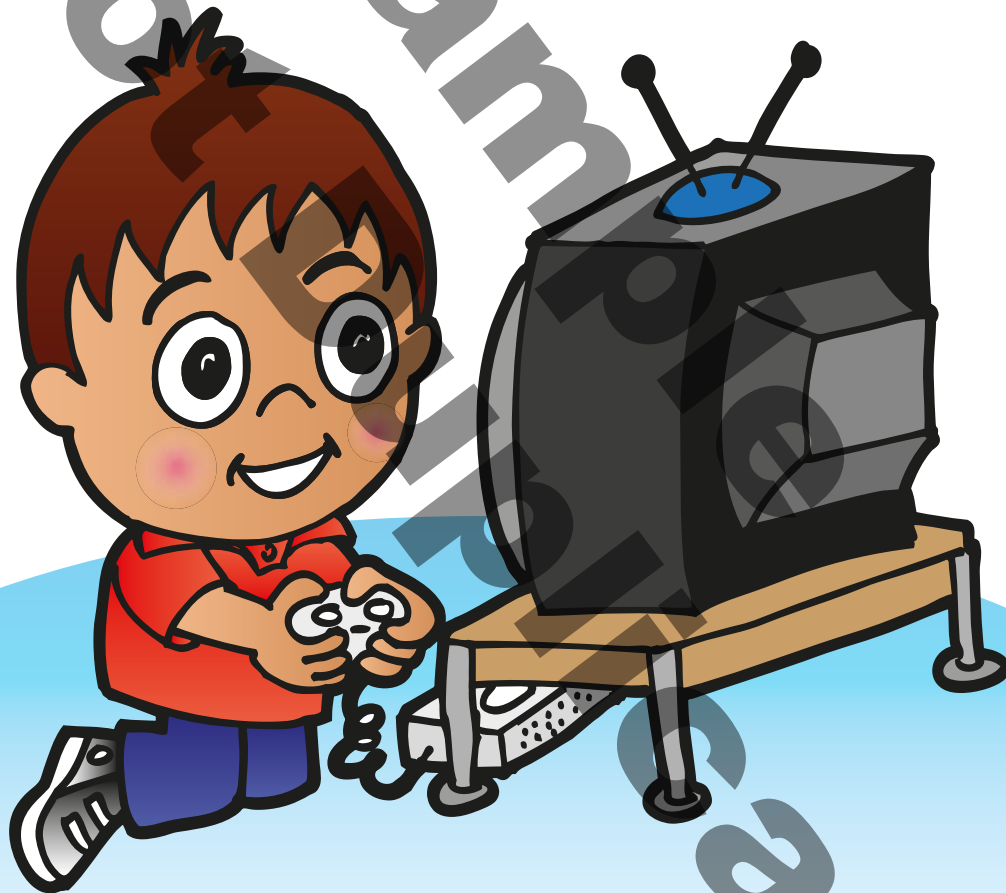
---

There was once a little boy named Ramiro coming home from his first day of school. The first thing Ramiro did when he got home was watch TV and play video games for a very long time. Ramiro’s mother tried to get him to play outside, but Ramiro only wanted to sit in front of the television.

When it was time to eat, Ramiro’s mother made enchiladas with rice, beans, and a salad on the side. Ramiro loved enchiladas, but he didn’t touch any of the other food on his plate. Ramiro’s dad told him to try the other food, especially the salad, but Ramiro just said, “yuck, no way José.”

After dinner, Ramiro went to his bed to go to sleep. When Ramiro woke up he saw the sun rising, but it looked strange. This sun was smiling and had . . . sunglasses. Whoever heard of sunglasses on the sun? Then this sun started walking toward Ramiro’s window.

Before Ramiro could hide under his blanket, the sun spoke and said, “Hello Ramiro, my name is Sunny! I’m so glad I found you. I need your help to go on an adventure with me to save NEEMA land from a bad monster called Diabetes! Will you help me?”



# Capítulo 1: Crecer

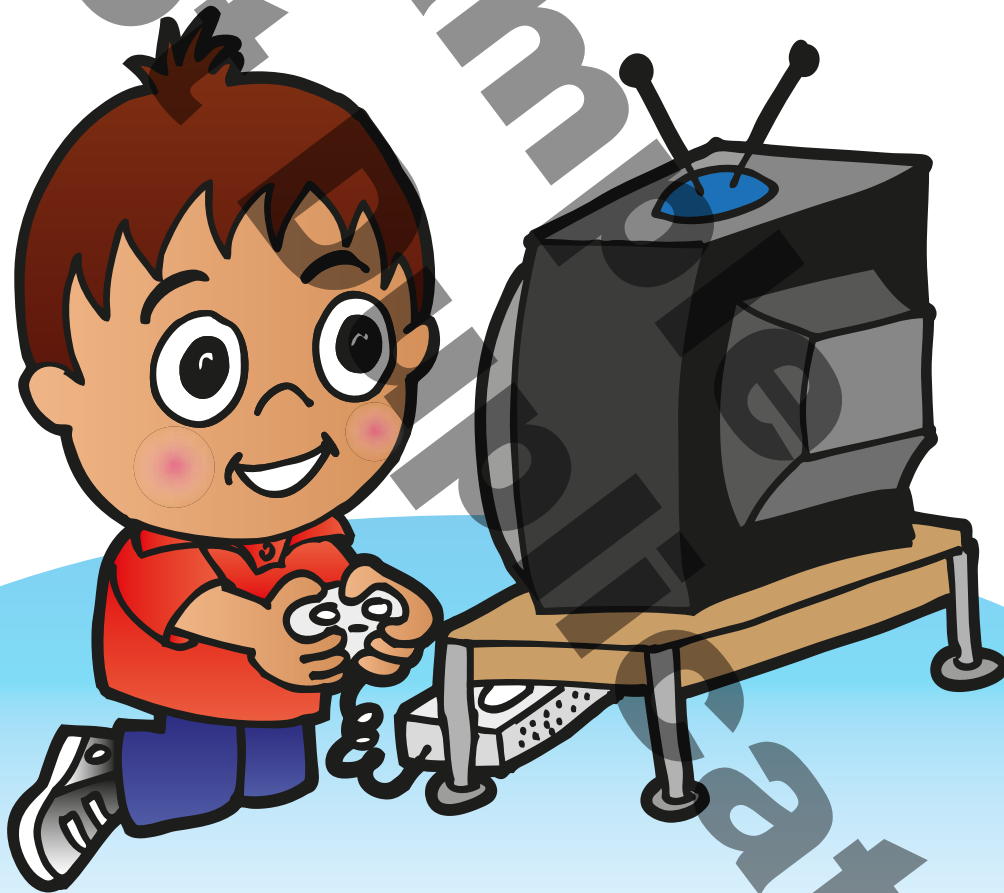
## Lección 2- La Aventura de Ramiro

Había una vez un pequeño niño llamado Ramiro, quien regresaba a casa después de su primer día de clases. Lo primero que Ramiro hizo al llegar a su casa; fue ver la televisión y jugar video juegos por mucho tiempo. La mamá, quería que Ramiro saliera a jugar, pero Ramiro solo quería sentarse frente al televisor.

A la hora de comer, la mamá de Ramiro hizo enchiladas, arroz, frijoles y ensalada. A Ramiro le encantaban las enchiladas, pero dejó el resto de la comidas en su plato. El papá, le pidió a Ramiro probar las otras comidas, especialmente la ensalada. Pero Ramiro sólo dijo, "¡No, guacala!"

Después de la cena, Ramiro fue a su cama para irse a dormir. Al despertar, Ramiro vio al sol salir, pero se veía extraño. El sol sonreía y tenía lentes oscuros. ¿Quién ha oído de un sol que usa lentes oscuros? Luego, el sol se acercó a la ventana de Ramiro.

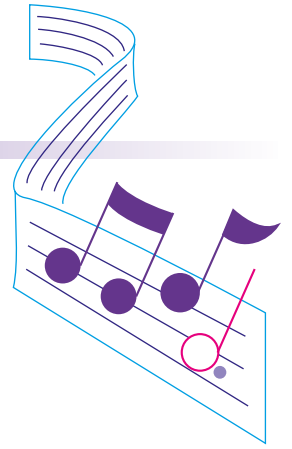
Antes de que Ramiro pudiera esconderse debajo de su cobija, el sol habló y dijo: "¡Hola Ramiro, me llamo Sunny! Estoy muy contento de haberte encontrado. ¡Necesito tu ayuda, que me acompañes en una aventura para salvar la tierra de NEEMA, de un monstruo malvado llamado Diabetes! ¿Me ayudas?"





# Chapter 1: Growing

## Lesson 3 – Daily Song



### Daily Song

Next, we are going to sing a song called “Follow the Daily Path”

### Directions

1. Watch "Follow The Daily Path" with the class and follow along with the character's movements.
2. After singing the song, say the words in the refrain, one line at a time.
3. Have the children sing or say the line with you and follow the gestures referred to in the song.
4. Repeat for the refrain.
5. Sing the entire refrain together while demonstrating the gestures.
6. Repeat steps 2–5 for each verse.
7. Sing the entire song with the children. Sing it several times, if desired.



# Chapter 1: Growing

## Lesson 3 – Daily Song (cont'd)



### **“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, daily path, daily path.  
Follow the daily path, to a healthy life.**

# Capítulo 1: Creciendo

## Lección 3 – La Canción del Día (cont'd)



### "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 todo 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.**

# Bienestar / NEEMĀ

## Health Program

