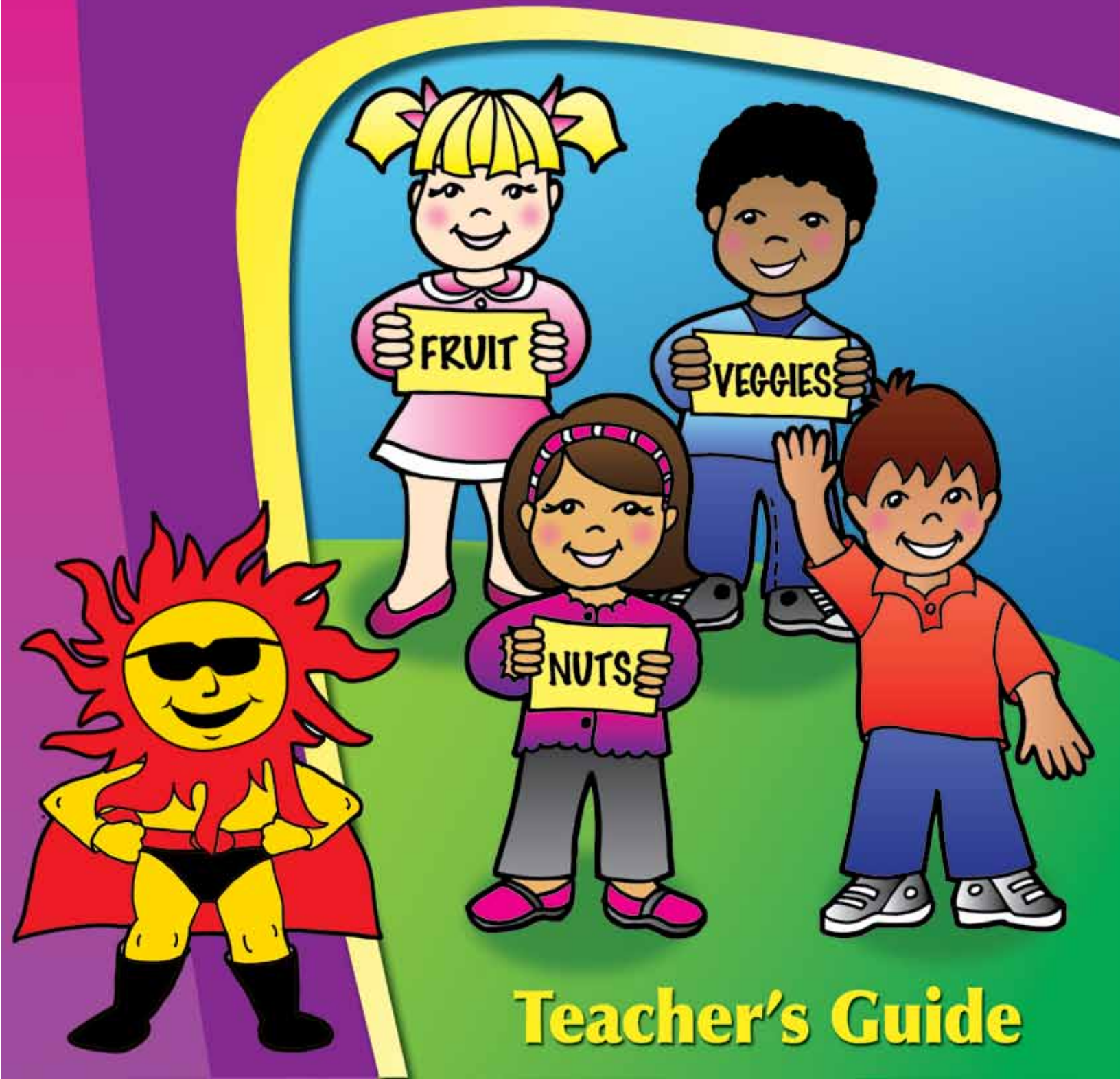
Bienestar/NEEMA
Health Program
Preschool Nutrition/Health Curriculum



Teacher's Guide

TEA-Approved Coordinated School Health Program

The purpose of this booklet is to demonstrate the Bienestar/NEEMA Healthy Minds Healthy Lifestyles, preschool – 8th grade health books. This booklet will display samples of its book cover, table of contents and lesson plans.

Mission Statement

"The Social and Health Research Center is a non-profit organization committed to the social and health well-being of populations at risk."

Program Objectives

We strive to prevent obesity, diabetes and heart disease by promoting healthy lifestyles.

The Program

The program's coordinated curriculums are preschool to eighth grade and designed for the four environments that have an influence on children's health behaviors:

- *Bienestar/NEEMA Healthy Minds Healthy Lifestyles* (Health)
- *Bienestar/NEEMA Moving For Life* (P.E.)
- *Bienestar/NEEMA Eat to Live* (Food Service)
- *Bienestar/NEEMA MyFamily/MiFamilia* (Home)

The instructional material includes teacher and student books, all of which are bilingual (English and Spanish).

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Evidence-Based Program

The program works! Large studies published in scientific journals have shown that children in the Bienestar/NEEMA have decreased obesity, fatty food intake, and blood glucose and insulin levels; and increased fitness levels and consumption of fruits, vegetables, and whole grains. The Bienestar/NEEMA is recognized as evidence-based by the following institutions:

- National Cancer Institute. Research-Tested Intervention Programs. Available at: http://rtips.cancer.gov/rtips/programDetails.do?programId=247504 2009. Accessed May 5, 2015.
- Agency for Healthcare Research and Quality. Innovations Exchange. Available at: https://innovations.ahrq.gov/profiles/comprehensive-school-based-program-increases-positive-health-behaviors-and-reduces-risk 2011. Accessed May 5,
- Healthy Communities Institute's Promising Practices database. http://www.healthiercentraloregon.org/modules.php?op=modload&name=PromisePractice&file=promisePractice&pid=3476 2013. Accessed May 5, 2015

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Chapter 1: Growing

Lesson 1 – Growing

Objective

Children will learn the importance of good eating, exercise 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 fruit and vegetables, eating three balanced meals a day, exercising daily and getting enough sleep**.

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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 everyday** 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 food help to keep us healthy?**
  (fruits, vegetables, protein, dairy, grains)
- **Is sleep important for our bodies?**
  (yes, we need about 8-10 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 by going on an adventure with me to save NEEMA land from a bad monster called Diabetes! Will you help me?"

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Chapter 1: Growing
Lesson 2 – Ramiro's Adventure (cont'd)

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Ramiro had never been on an adventure before, but he wanted to help Sunny stop Diabetes so he says, "I'll help you." Sunny grabs Ramiro's hand and suddenly they both start to fly far away.

Sunny tells Ramiro that sugar snow is a good thing for NEEMA land, but lately so much came that it began covering the whole land and then it got so bad that the Diabetes monster formed from all that snow. The Insulin guards have to carry the Cellian people of Neema land so that things get done, but they're getting so tired.

Sunny tells Ramiro that Queen Pancreas of NEEMA Land is too busy to stop Diabetes because she has to make so many Insulin robots to clean up all the sugar snow covering the Cellian people of NEEMA land.

Sunny tells Ramiro that the only thing that can defeat Diabetes is the shield of MyPlate. It was broken long ago and they must go and find the pieces before it is too late. Ramiro doesn't know what to think. He's scared, he's worried, and he's confused, but mostly, he's excited. This is going to be some kind of adventure.

Daily Song

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

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Directions

1. Insert the Bienestar/NEEMA Musical Adventures CD into the CD player or the teacher can sing the song to the class.
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 you 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.

"Follow the Daily Path"

(Sung to the tune of "Mary Had a Little Lamb")

(Move arms and legs as if marching in place]

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

[Pretend to take a big spoonful of cereal from a bowl and eat it]

Eat your breakfast every day, every day, every day.
Eat your breakfast every day, to help your body grow.

[Extend both arms out to the side and flex biceps; fists toward ears]

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

[Pretend to rub your belly in big circles]

Veggies are good snacks for you,
snacks for you, snacks for you.
Veggies are good snacks for you, so eat some every day.

[Tilt head to side with prayer hands under cheek, as if sleeping]

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.

[Move arms and legs as if marching in place]

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

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Sigue el Camino

(Cantarla al ritmo de "Mary Had a Little Lamb")

(Mueve brazos y piernas y empieza a marchar en tu mismo lugar)

Sigue el camino, el camino, el camino
Sigue el camino a una vida saludable.

(Pretende que tienes un tazón con cereal y te estás comiendo una cuchara llena de cereal)

Desayuna todos los días, todos los días, todos los días
Come tu desayuno para que te sientas bien.

(Extiende los brazos hacia los lados y flexiona tus bíceps; los puños hacia las orejas)

Mueve tu cuerpo, muévete, muévete, muévete
Haz ejercicio para crecer grande y fuerte

(Pretende frotarte tu barriga en forma de círculos)

Vegetales son deliciosos, deliciosos, deliciosos
Come vegetales, vegetales, todos los días

(Pon tus manos en posición de rezar y ponlas debajo de tu cabeza como si te fueras a dormir)

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

(Mueve brazos y piernas y empieza a marchar en tu mismo lugar)

Sigue el camino, el camino, el camino
Sigue el camino a una vida saludable.

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Chapter 1: Growing
Lesson 4 – Activity – Healthy Child

You will need:

- **Big piece of white paper** (to trace a student)
- **Old magazines,** grocery advertisements, newspapers
- **Scissors**
- **Glue**

Directions:

Ask a child to volunteer to be traced on a big piece of white paper. Once you have traced the child explain to the children that you will give them old magazines, grocery ads, or newspaper where they will be looking for healthy things that they can do or eat to keep their bodies healthy. After they have cut out things that they believe are healthy let the students paste it on the body.

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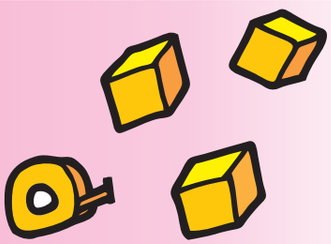
Chapter 1: Growing
Lesson 5 – Activity – Growing Children

You will need:



- **Growth chart**
- **Assortments of materials** to have children measure their height (rulers, measuring tapes, cubes, tape, blocks). Ask the students what else they can use to measure their classmates?

Directions:

Explain to children what the growth chart is, and allow the children to take turns to measure themselves. While some children are measuring themselves with the growth chart, have other items in which the children can measure their classmates. For example let students measure their classmates with blocks, rulers, tape, measuring tape, cubes, etc. You can use items that children are familiar with in their own areas in the classroom.

Chapter 1: Growing
Lesson 6 – Silly Moves For Fun

Physical Activity

You will need:

- **Bienestar/NEEMA Musical Adventures CD**
- **CD Player** or fun music tape/radio

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Directions:

The objective of this game is to get the kids up and moving like some of their favorite animals and also thinking about what helps their bodies grow big and strong. Be sure to provide some fun music!

1. Have one large group do the first movement and continue with the next animal movement.
2. Movement 1 will jump up like a kangaroo (canguro), movement 2 will leap like a frog (rana), movement 3 will flap their arms like a chicken (pollo) and movement 4 will walk around like a duck (pato)
3. Let some children come up with their own movements for their favorite animals and share with the whole class.
4. Once the music starts, have the children do the movement (incorporate various movements throughout the song).
5. Have fun silly moving!

Chapter 1: Growing
Family Fun Time

Dear Parents & Family,

This week we learned about the importance of:

- Eating a healthy breakfast, lunch and dinner
- Eating 5 servings of fruits and vegetables total for the day
- Exercising every day for at least 60 minutes
- Sleeping for at least 8-10 hours each night

Your child learned that these are important components for them to grow. One way you can help your child learn about their growth is by keeping track of their height. You can track their height by graphing it on a paper, on a wall in your house, on the computer, or any other way that you find more convenient to you.

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Breakfast Parfait

1 serving

Active Time: 10 minutes

Total Time: 10 minutes

Ingredients

- 3/4 cup low-fat cottage cheese or low-fat plain yogurt
- 1 cup pineapple chunks, papaya chunks or cling peaches
- 2 teaspoons toasted wheat germ

Preparation

1. Place cottage cheese (or yogurt) in a small bowl.
2. Top with fruit and sprinkle with wheat germ

Capítulo 1: Creciendo
Hora de Divertirse en Familia

Queridos Padres y Familias,

Esta semana aprendimos la importancia de:

- Comer un desayuno, una comida y una cena saludable
- Comer un total de 5 porciones de frutas y vegetales
- Hacer 60 minutos de ejercicios al día
- Dormir 8-10 horas cada noche

Su niño(a) aprendió que estos son elementos importantes para crecer. Una manera de ayudar a su hijo(a) a aprender acerca de su crecimiento es mediante el seguimiento de su altura.

Puede mantener un registro de la altura de su hijo(a) en una gráfica, en una pared de su casa, en la computadora, o en alguna otra manera que le sea más conveniente.

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Desayuno Parfait

1 porción

Tiempo de preparación: 10 minutos

Tiempo Total: 10 minutos

Ingredientes:

- 3/4 taza de queso cottage bajo en grasa o yogur natural bajo en grasa
- 1 taza de trozos de piña, trozos de papaya o duraznos
- 2 cucharaditas de germen de trigo tostado

Preparación:

- Coloque el queso cottage (o yogur) en un tazón pequeño. Cubra con la fruta y espolvoree con germen de trigo

Can you draw a picture of you growing up healthy? Me now and me in the next grade.
(¿Te puedes dibujar a ti mismo creciendo saludable? Un dibujo de tí ahora y otra en el próximo grado escolar).

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