

Lesson 1

The Daily Path to Good Health/ El camino diario hacia la buena salud

Objectives:

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

- **Explain** that good health involves eating three healthy meals, healthy snacks, getting exercise everyday, getting an adequate amount of sleep and drinking plenty of water.
- **Describe** how these habits can become part of a child's life with the guidance of a parent or responsible adult.

Lesson Summary

- Healthy eating is very important on the path to good health. A young child should have three balanced meals with healthy snacks in between meals. Starting the day with a good breakfast is important. It will give the child the energy he or she needs to start the day. Fruits, vegetables, and foods with grain have less sugar and more fiber. Fruits, vegetables and food with grain are healthier choices than sweets or junk food.
- It is very important to get at least 30 minutes of exercise everyday. The hour can include daily activities, such as walking or biking to school or playing outside with friends, as well as structured exercises, such as PE class or team sports.
- A lack of sleep can interfere with a child's progress in school. He or she will often find it difficult to concentrate on 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 responsible adult.

Materials:

- Student Workbook Pages 3-6
- Pens and Pencils

Lesson #1 The Daily Path to Good Health

Procedures

A. Lesson Introduction

- To start this lesson **say** something like:

"Today you are going to learn about the daily path to good health. The first thing we are going to do is learn a song about eating healthy meals and snacks; getting some exercise everyday; and getting a lot of sleep each night. The song is called: 'Follow the Daily Path.'"

Hoy aprenderás sobre el camino diario hacia la buena salud. Lo primero que haremos es aprender una canción acerca de consumir diariamente comidas y refrigerios saludables, hacer ejercicio y dormir lo suficiente. La canción se titula: "sigue el camino diario"

B. Lesson Content/Song

Directions for Teaching the Song:

- Sing the song to the class. (If it is a longer song, i.e., more than one verse, sing the refrain and just the first verse.)
- Then **say** the words in the **refrain**, either one line or one phrase at a time.
- Next, have the **children sing** the line or phrase with you.
- Repeat the sequence for the next line or phrase and have the children sing it with you.
- Sing the entire refrain together.
- Repeat the sequence for each **verse**.
 - a. Sing the verse.
 - b. Say a line or phrase.
 - c. Have the children sing the line or phrase with you.
- Sing the entire song (refrain and verses) with the children. Sing it over several times so the students remember the words.

Follow The Daily Path Song

(Sung to the tune "Mary had a Little Lamb")



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



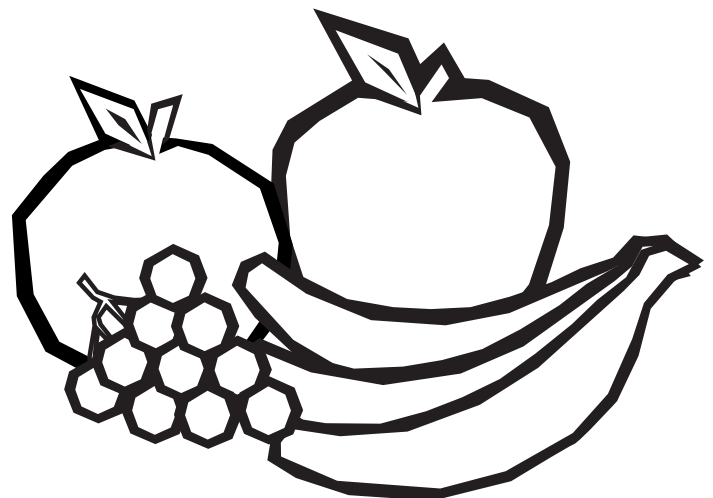
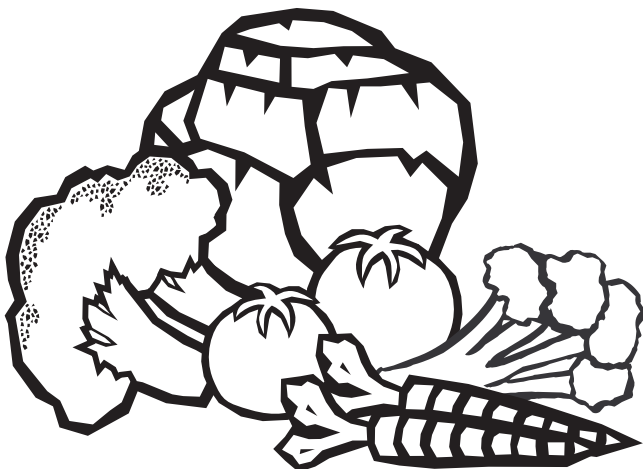
*Eat your breakfast everyday, everyday, everyday.
Eat your breakfast everyday, to make your body go.*

*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 everyday.*

*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.*



Siguiendo el camino diario



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

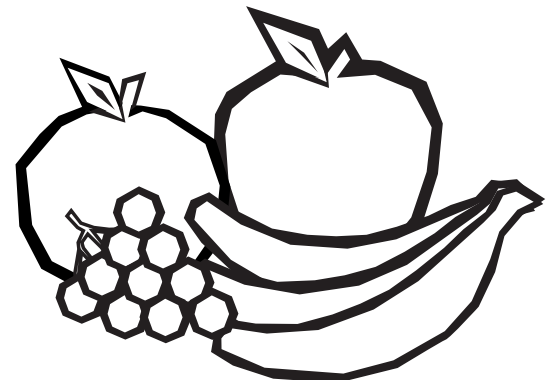
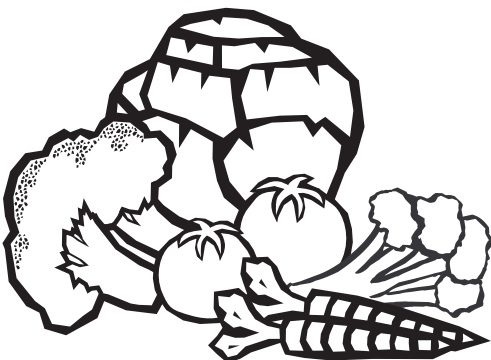
*Come tu desayuno cada día, cada día, cada día
coma su desayuno cada día, para que su cuerpo funcione.*

*Mueva su cuerpo. Ejercicio, ejercicio, ejercicio
mueva su cuerpo, el ejercicio lo hace grande y fuerte*

*Vegetales son buenas meriendas para usted, meriendas para usted,
meriendas para usted
vegetales son buenas meriendas para usted, coma algunas cada día.*

*Tome una cantidad de sueño cada noche, cada noche, cada noche.
Tome una cantidad de sueño cada noche, para poder aprender en
la escuela.*

*Siga el diario, camino diario, camino diario
siga el camino diario, para una vida saludable.*



Lesson #1 *The Daily Path to Good Health*

Directions:

- Pass out the student workbooks and pencils.
- Direct the students to turn to page 5 in the workbook for the Lesson Review & Activity Sheet: *Follow the Daily Path*.
- Teach the content bullets listed under each teaching concept in the Procedure Section of the lesson as you discuss the pictures on the review sheet. When you come to a blank space along the path, have the students draw a picture of their favorite healthy food they like to eat at a meal or for a snack. When you come to the second blank space on the path, have the students draw their favorite type of activity or exercise.
- The students should use the Lesson Review & Activity Sheet in the workbook as a visual aid to follow along with the lesson.

Follow the Daily Path

START

Oatmeal

Skim Milk

100% Juice

Water

Jump Rope

Ride A Bike

Draw your favorite healthy food.

Draw your favorite activity or exercise.

Sigue el camino diario

COMIENZA
de izquierda a derecha

Leche Descremada

Harina de avena

jugo 100% Natural

agua

Saltar con una cuerda

Montar en bicicleta

Dibuja tu alimento saludable favorito

Dibuja tu actividad o el ejercicio favorito.



Lesson #1 The Daily Path to Good Health

Teaching Concept 1

- Let's all follow the daily path you see on this page. This part of the path is about eating healthy food at meals and for snacks.
- The first picture shows a healthy breakfast: a glass of skim milk, some orange juice and a bowl of oatmeal. A good breakfast in the morning will help you have energy for school or for play.
- Next on the path are some vegetables. You can eat vegetables at meals or for a snack. They are very good for you.
- A bowl of fruit is the next picture along the path. Vegetables and fruit are both good snacks to eat when you come home from school.
- Next is a tall glass of water. You should drink at least 8 glasses of water everyday.
- Next, you will find a large blank space along the path. Draw your favorite healthy food in the space on 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.
- The first picture shows some children playing on the jungle gym during recess. It is fun to exercise and play with friends.
- Now look at the picture of a girl jumping rope. It is also fun to exercise or play by yourself.
- The next picture shows a family riding bikes together. It is a lot of fun to exercise and play as a family too. Remember to wear a helmet when biking.
- 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 will help you practice these healthy habits everyday.



Lesson #1 The Daily Path to Good Health

Enseñanza del concepto 1

- Sigamos el camino diario que observas en esta página. Esta parte del camino es sobre el consumo de alimentos saludables en las comidas y en los refrigerios.
- El primer dibujo muestra un desayuno saludable: un vaso de leche descremada, jugo de naranja y una taza de hojuelas de avena. Un buen desayuno en la mañana te ayudará a tener energía para desempeñarte en la escuela o para jugar.
- Cerca del camino se encuentran algunas verduras que puedes consumir en las comidas o en los refrigerios, pues son muy buenas para ti.
- Luego, próximo al camino, se encuentra una taza de fruta. Las verduras y las frutas constituyen buenos refrigerios al llegar de la escuela.
- Luego se encuentra un gran vaso de agua. Debes beber diariamente por lo menos ocho vasos.
- Ahora encontrarás un espacio en blanco en el camino. Dibuja tu alimento saludable favorito en dicho espacio.

Enseñanza del concepto 2

- Ahora continuemos por el camino diario hacia la buena salud. Esta parte del camino describe el estar activo y hacer algún tipo de ejercicio.
- Hacer ejercicio fortalece tu corazón y otros músculos.
- El primer dibujo muestra a algunos niños jugando en el prado durante el receso. Es divertido ejercitarse y jugar con los amigos.
- Ahora observa el dibujo de una chica saltando cuerda. También es divertido ejercitarse y jugar.
- El siguiente dibujo muestra a una familia montando en bicicleta. También resulta muy divertido hacer ejercicio y jugar con la familia . Recuerda usar casco cuando montes en bicicleta.
- Ahora encontrarás otro gran espacio en blanco en el camino. Esta vez, dibuja tu actividad o ejercicio favorito.

Enseñanza del concepto 3

- Ahora ve el ultimo dibujo por el camino. Enseña a un niño durmiendo. Es muy importante dormir bien y descansar por la noche. Cuando duermes, le ayudas a tu cuerpo a crecer y estar listo para el día siguiente.
- Tus padres u otros adultos responsables te ayudarán a practicar diariamente estos hábitos saludables.

Lesson #1 The Daily Path to Good Health

C. Checking for Understanding

Directions:

- Sing the song **Follow the Daily Path** as a lesson review.

Follow The Daily Path Song

(Sung to the tune "Mary had a Little Lamb")

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

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Reminder:

Please fill out the Health Curriculum Checklist for this lesson.