

Lesson 1

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

Objectives:

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

- **Explain** that good health requires eating more food with fiber like vegetables, fruits, and grains, getting exercise everyday, and not weighing too much.
- **Describe** how these daily health habits can also prevent diabetes.

Lesson Summary

- Eat more food with fiber such as vegetables, fruits, and food with grain. Fruits, vegetables, and grains (i.e. whole wheat flour vs white refined flour) have more fiber and less sugar and fat, which is why they are healthier for the body. They can also help prevent diabetes.
- It is important to exercise. Children should get 30 minutes of exercise everyday. The 30 minutes can include daily activities that get you moving around, as well as other structured exercises.
- Watch your weight! If you weigh too much it means you are not making good food choices, you are eating too much at meals or in between meals, and not exercising enough. Being overweight (weighing too much) can cause problems like diabetes.
- It is important to follow this path everyday to stay healthy and prevent diabetes.

Materials:

- Student Workbook Pages 3-6
- Pens and Pencils

Lesson #1 The Path to Good Health

Procedures

A. Lesson Introduction

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

"Today you are going to learn about some important steps on the path to good health. Here are three important things you should do everyday:

- 1. Eat more food with fiber like vegetables, fruits, and food with grain.*
- 2. Get 30 minutes of exercise everyday.*
- 3. Stay at a healthy weight.*

If you follow this path everyday, you will be healthier and lower your chance of getting sick with a disease like diabetes."

"Hoy aprenderás algunos pasos importantes acerca del camino hacia la buena salud. Estas son tres actividades que debes hacer diariamente.

- 1. Consume más alimentos con fibra como verduras, frutas y cereales.*
- 2. Ejercítate 30 minutos diarios, cada día.*
- 3. Mantén un peso saludable.*

Si sigues este camino diariamente te mantendrás saludable y las probabilidades de desarrollar enfermedades como diabetes".

B. Lesson Content

Directions:

- Pass out the student workbooks and pencils.
- Direct the students to turn to page 3 in the workbook for the Lesson Review Sheet: *Taking the Path To Good Health.*
- Teach the content bullets listed under each teaching concept in the Procedure Section of the lesson.
- The students should use the Lesson Review Sheet in the workbook as a visual aid to follow along with the lesson.

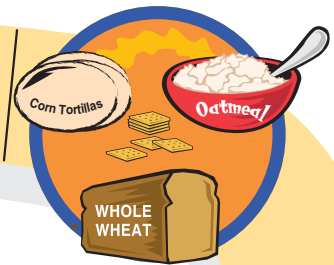
Taking the Path To Good Health

Good health is a journey you must take everyday. Here are three important things you must do on the journey to finding good health. If you follow the path you will be healthier and lower your chances of getting diabetes.



1

Eat more food with fiber like vegetables, fruits, and foods with grain.



2

Get some exercise everyday.

3

Stay at a healthy weight.



Good Health & Diabetes Prevention

Lección #1 El camino hacia la buena salud
Repaso de la lección y hoja de actividades.
Libro de trabajo del estudiante, p. 4

Toma el camino de la buena salud

La buena salud es un viaje que debes hacer diariamente. Las siguientes son las tres cosas importantes que debes hacer durante el viaje para encontrar la buena salud. Si sigues el camino, serás más saludable y reducirás tus probabilidades de tener diabetes.

Comienza de izquierda a derecha:



Consumes más alimentos con fibra, como verduras, frutas y cereales.



2

Ejercítate a diario.



3

Mantén un peso saludable.



Buena Salud y Prevención de la Diabetes

Lesson #1 Path to Good Health

Teaching Concept 1

- Eat more food with fiber like vegetables, fruit and food with grain. These foods have less sugar and fat and are healthy choices for you.
- Food with grain will be browner or darker in color, not white. For example wheat bread, corn tortillas, brown rice or oatmeal.

Ask: Why should you eat fruits, vegetables and food with grain?

(Because they have more fiber, less sugar, less fat and are healthier.)

Teaching Concept 2

- Get some exercise everyday. Exercise lowers your chance of getting sick with a disease like diabetes.
- Getting exercise makes your heart and other muscles stronger so you can do things you like to do during the day – like walking or playing at recess, exercising and playing in PE class, playing sports, playing at home, helping with chores, walking with your family or climbing stairs.
- Children who do not get at least 30 minutes of exercise everyday will weigh more than they should and have a higher chance of getting diabetes.

Ask: Why is it important to exercise everyday?

(It helps your body fight off getting sick. When you exercise you burn off the food you eat and you won't gain too much weight. If you are not overweight, you lower your chance of getting diabetes.)

Teaching Concept 3

- If you are overweight, your body has to work harder just to do easy things like walking.
- Eating a balanced meal will help you maintain a healthy weight.
- A good rule to follow – eat only when you are hungry and stop eating when you feel full.
- Not getting the exercise you need is another way you gain weight.
- If you eat too much and don't exercise you will gain too much weight.
- One of the causes of diabetes you will learn more about in another lesson is weighing too much or being overweight.

Ask: What causes people to gain weight or weigh too much?

(Eating too much food and not exercising enough.)

Ask: How do you feel when you eat too much?

(You feel stuffed; you don't feel like doing anything; you feel tired and sleepy.)

Ask: How can you stop yourself from eating too much at a meal or all during the day?

(Eat only when you are hungry and stop eating when you feel full.)

Lesson #1 The Path to Good Health

Teaching Concept 4

- Remember that you have to eat more food with fiber and get some exercise at least everyday not just once in a while.
- If you eat more food with fiber and exercise you won't gain too much weight.
- If you don't gain too much weight you will be healthy and lower your chance of developing diabetes.

Enseñanza del concepto 1

- Consume más alimentos con fibra como verduras, frutas y cereales. Estos alimentos tienen menos azúcar y grasa y son una elección más saludable para ti.
- Los alimentos con cereales integrales son de color más marrón u oscuro, no blancos. Por ejemplos el pan de trigo, las tortillas de maíz, el arroz integral y la avena.

Pregunta: ¿Por qué debes consumir frutas, verduras y cereales?

(Porque tienen más fibra, menos azúcar, menos grasa y son más sanos).

Enseñanza del concepto 2

- Realiza algunos ejercicios cada día. El ejercicio reduce tus probabilidades de desarrollar enfermedades como la diabetes.
- Ejercitarse permite que tu corazón y otros músculos se fortalezcan. Para ello puedes hacer durante el día cosas que te gusten como caminar o jugar durante el recreo, ejercitarse o jugar durante las clases de educación física, practicar deportes, jugar en la casa, ayudar en las tareas domésticas, caminar con tu familia o trepar escaleras.

Pregunta: ¿Por qué es importante hacer ejercicio diariamente?

(Porque ayuda a tu cuerpo a protegerse contra las enfermedades. Cuando te ejercitas quemas la comida que has consumido y evitas el sobrepeso. Sin tienes sobrepeso, reduces tus probabilidades de tener diabetes).

Enseñanza del concepto 3

- Si tienes sobrepeso tu cuerpo tiene que trabajar más duro para realizar actividades tan sencillas como caminar.
- Consumir comidas balanceadas te ayudará a mantener un peso saludable.
- Una buena regla para seguir es: comer solamente cuando tengas hambre, y para de comer tan pronto como te sientas satisfecho.
- No hacer suficiente ejercicio es otra manera de aumentar de peso.

Lesson #1 The Path to Good Health

- Si comes demasiado y no haces ejercicio vas a ganar mucho peso.
- En otra lección aprenderás que una de las causas de la diabetes es pesar demasiado o tener sobrepeso.

Pregunta: **¿Cuáles son las causas para que las personas aumenten de peso o pesen demasiado?**

(Consumir demasiados alimentos y no hacer suficiente ejercicio).

Pregunta: **¿Cómo puedes evitar comer demasiado durante una comida o a lo largo del día?**

(Te sientes relleno; sin ganas de hacer nada, cansado y somnoliento).

Pregunta: **¿Cómo puede usted mismo parar de estar comiendo mucho en una comida o durante el día?**

(Comer solamente cuando sientas hambre, y parar de comer cuando te sientas satisfecho).

Enseñanza del concepto 4

- Recuerda que debes consumir más alimentos con fibra y ejercitarte por lo menos cada día, no sólo de vez en cuando.
- Si consumes más alimentos con fibra y te ejercitas no ganarás demasiado peso.
- Si no aumentas demasiado de peso te mantendrás más sano y reducirás tus probabilidades de contraer enfermedades como la diabetes.

C. Checking for Understanding

Directions:

- Have the students turn to page 5 in the workbook.
- **READ** the directions for the *Finding Your Way to Good Health* activity aloud and have the students follow along as you read.
- **ASK** if the students have any questions.
- **ALLOW** the students time to do the activity as you walk around and assist them.
- **REVIEW** the answers with the students before the end of the class.

Lesson #1 The Path to Good Health -
Lesson Review & Activity Sheet - Student Workbook p. 5

Finding Your Way To Good Health

Directions:

Some of these words or pictures along this path are NOT needed for good health. When you find one of them, put an X through it.

START

Apple

Fries

Ride a Bike

Oatmeal

Yogurt

Walk the Dog

Water

Play Video Games

Winner

Good Health & Diabetes Prevention

Fiber

Skim Milk

Reminder:

Please fill out the Health Curriculum Checklist for this lesson.

Lección #1 El camino diario hacia la buena salud
Repaso de la lección y hoja de actividades.
Libro de trabajo del estudiante, p. 6

Toma el camino de la buena salud

Instrucciones:

Algunas de las palabras o gráficas que están a lo largo del camino NO son necesarias para la buena salud. Cuando encuentres una, ponle una gran X encima.

Comienza de izquierda a derecha:

Manzana

Montar en Bicicleta

Harina de Avena

Yogur

pasear el perro

Dulces

video juegos

Canado

Buena Salud y Prevención de la Diabetes

Fibra

Leche Descremada

Agua