

Bienestar Health Program

2nd Grade Health Curriculum
Teacher's Guide



The Health
Heroes

BIENESTAR HEALTH CURRICULUM

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Lesson #3 The Food Pyramid

Teaching Concept 4

- Six servings is the right amount to eat from the Grain Group each day. Wheat, rice, corn and oats are all grains.
- Wheat bread, cereal, brown rice, corn tortillas & pasta are all included in the Grain Group.
- Foods made from whole grains are usually darker or browner in color because they have more fiber, which makes them a healthy choice over other foods in the Grain Group made from white flour.
- For example, whole wheat or corn tortillas are better for you than white bread or flour tortillas; brown rice is better than white rice.

Ask: Who can tell me the name of something else that would fit into the grain group?

(Oatmeal; dry cereal made from oats, corn, wheat or rice; rye bread, crackers, wheat spaghetti, a bagel, etc.)

Teaching Concept 5

- Next, look for the Milk Group. It is easy to find. Just look for the glass of skim milk.
- Food in this group comes mostly from an animal. For example, skim milk comes from a cow and cheese is made from the milk.
- Three servings is the right amount to eat from the Milk Group each day. For example, having skim milk with your cereal for breakfast and drinking skim milk with lunch and dinner will give you the three servings you need.
- Foods from the Milk Group help make your teeth and bones strong, so it is important to have at least 3 servings of food from the Milk Group everyday.

Ask: Who can name something else in the skim milk group besides white skim milk?

(Yogurt, cottage cheese, chocolate milk, sliced cheese, string cheese, etc.)

Lesson #3 The Food Pyramid

Enseñanza del concepto 3

- A continuación observa dónde se encuentra la sandía: grupo de frutas.
- Dos porciones de alimento constituyen la cantidad apropiada para consumir cada día. Por ejemplo, si consumes un banano con tu cereal en la mañana y le agregas un poco de salsa de manzana a tu almuerzo, consumirás dos porciones de frutas.
- Las frutas provienen de las plantas y tienen alto contenido de fibra y son muy saludables. Es una buena opción como refrigerio o para los postres, lo cual ayuda a reducir el riesgo de contraer diabetes.
- Las frutas a menudo se consumen frescas. Si tomas una taza 100% de jugo de fruta, también contabilízalo como una porción de fruta. Algunos ejemplos son manzanas, uvas pasas, uvas, peras, duraznos, jugo de naranja, etcétera.

Pregunta: ¿Qué otras frutas conoces?

(Fresas, cerezas, naranjas, manzanas, uvas, uvas pasas, peras, duraznos, toronja, etcétera).

Enseñanza del concepto 4

- Seis porciones son la cantidad apropiada que debes consumir diariamente del grupo de los granos. Son granos el trigo, arroz, maíz y avena.
- En el grupo de granos se incluye el pan, cereal, tortilla de maíz y pastas. Los alimentos hechos de granos enteros, por lo general son de color oscuro o dorado porque tienen más fibra, lo que los convierte en una opción más saludable sobre el grupo de granos de harina blanca.
- Por ejemplo, las tortillas de trigo o de maíz son mejores para ti que el pan blanco o las tortillas de harina; el arroz integral es mejor que el arroz blanco.

Pregunta: ¿Qué otros alimentos conoces que correspondan al grupo de granos?

(Avena, cereales secos hechos de avena, maíz, trigo, arroz, pan de centeno, galletas, espagueti, rollo de pan, etcétera).

Enseñanza del concepto 5

- A continuación, observa el grupo de lácteos. Es fácil de encontrar. Sólo hay que buscar una taza de leche descremada.
- Los alimentos de este grupo provienen en su mayoría de un animal; por ejemplo, la leche descremada viene de la vaca y el queso se produce a partir de la leche..