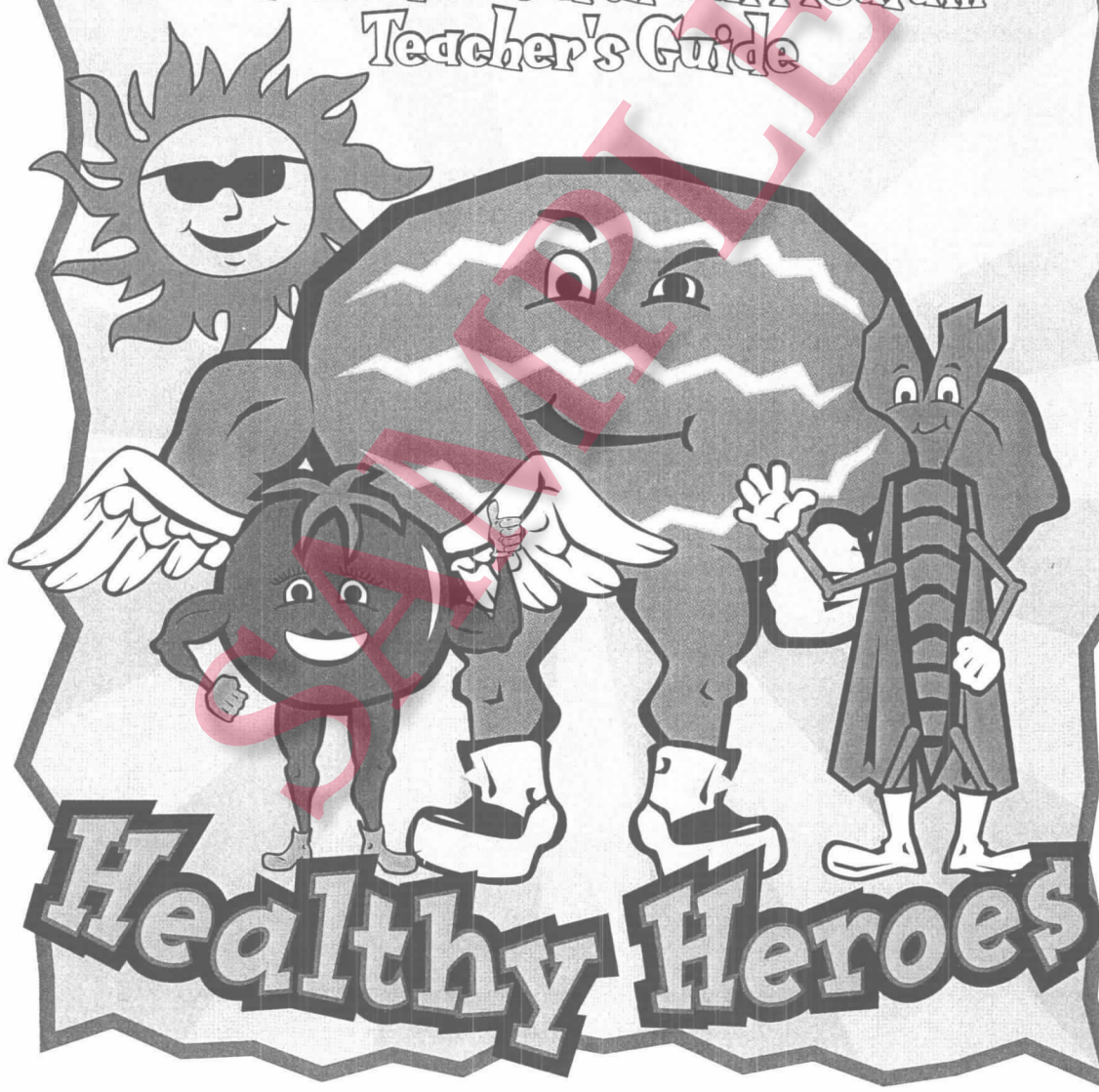


Bienestar Health Program

3rd Grade Health Curriculum
Teacher's Guide



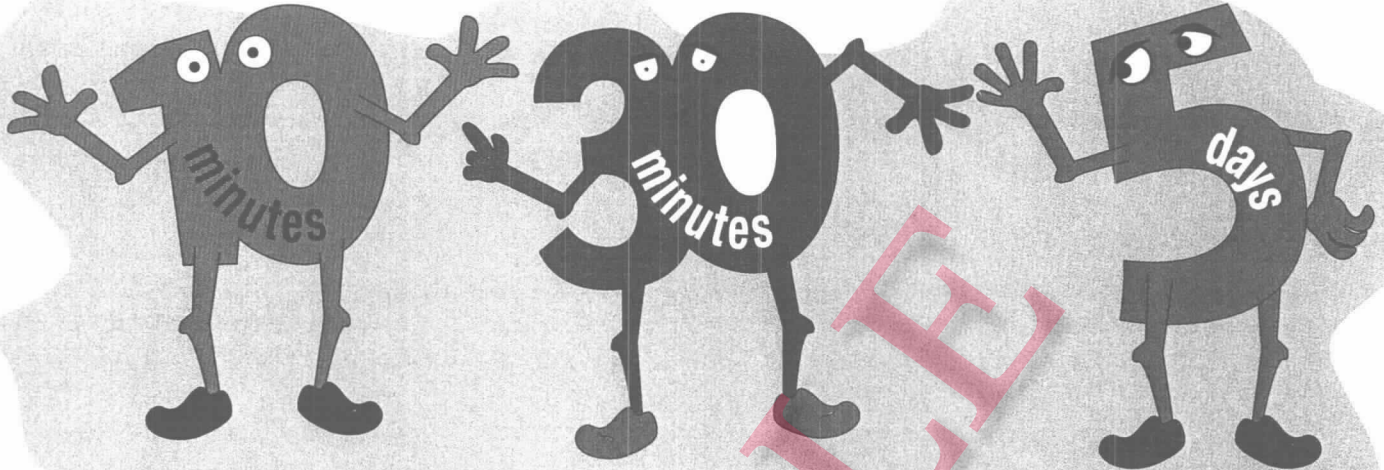
Healthy Heroes

BIENESTAR HEALTH CURRICULUM

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	Describes the nutrients found in the food we eat and drink. Discusses why nutrients and fiber are important for growth and good health.	
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	Healthy eating is about choosing the right amount of foods from the five food groups everyday. It is important to make wise food choices for maintaining a healthy weight and preventing diabetes.	
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	Eating healthy, exercising everyday and staying at a healthy weight are daily activities on the path to good health and diabetes prevention.	

The "10 - 30 - 5" Exercise Plan



10 minutes

Exercise for at least 10 minutes at a time. You should keep going and move around for 10 minutes or longer before you stop.

30 minutes

Exercise for at least a total of 30 minutes a day. You can also exercise for 10 minutes - 3 times during the day.

5 days

Exercise at least 5 days a week (everyday is better). Exercise will help you stay healthy.

C. Check for Understanding

Directions:

- Have the students look on page 37 in their workbook for the *Come Alive with 10 - 30 - 5* activity.
- **READ** the directions for the activity out loud. The students should follow along as you read.
- **ASK** if they have any questions.
- **ALLOW** the students time to do the activity as you walk around and help them.
- **REVIEW** the answers to the activity with the students before the end of the class.

Plan de ejercicios “10 – 30 – 5”



10 minutos

Ejercítate por lo menos 10 minutos cada vez. Debes mantenerte en movimiento por 10 minutos o más antes de detenerte.

30 minutos

Ejercítate como mínimo 30 minutos diariamente. También puedes ejercitarte durante 10 minutos 3 veces al día.

5 días

Ejercítate por lo menos 5 días a la semana (cada día es mejor). El ejercicio te ayudará a mantenerte sano.

Directions:

- Have the students look on page 37 in their workbook for the *Come Alive with 10 – 30 - 5* activity.
- **READ** the directions for the activity out loud. The students should follow along as you read.
- **ASK** if they have any questions.
- **ALLOW** the students time to do the activity as you walk around and help them.
- **REVIEW** the answers to the activity with the students before the end of the class.