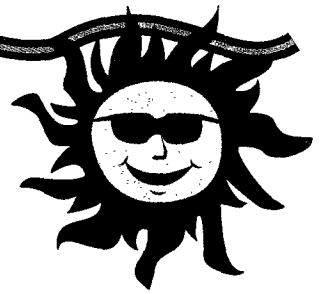


Bienestar Health Program

2nd Grade Health Curriculum
Student Workbook



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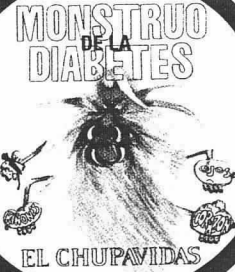
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Maria & the Monster Diabetes

Diabetes is a disease that people can get when there is too much sugar in the blood. This is the story of how The Monster Diabetes developed in Maria's body and made her sick.



It all started because Maria ate too much sweet and fatty foods, like candy bars, barbacoa, fries and chips. She didn't move around and get enough exercise either.



Maria's teacher noticed that Maria was tired during the day and she talked to Maria's mother about it. Maria's mother said she sat around and didn't have a lot of energy at home either. Her mom decided it was a good idea to take Maria to see the doctor.



A nurse weighed and measured Maria. The doctor examined her. Then, the doctor asked Maria what kinds of food she liked to eat and what kinds of things she liked to do. Maria said that she loved foods like donuts, cookies, and enchiladas, and she drank soda all the time. She told the doctor that she sat around watching TV for a couple of hours each day. The doctor decided to do a blood test to see how much sugar was in Maria's blood.



The bad news was that there was so much sugar in Maria's blood that her body couldn't use it all. The Monster Diabetes had gotten into Maria's body! The Monster was making her tired and very, very thirsty. The good news was that Maria could keep the Monster under control so she would not feel so tired and thirsty all the time.



Maria's doctor told her and her mom that she needed to eat more healthy foods, like vegetables and fruit. The doctor also told Maria she shouldn't eat so many sweet and fried foods each day, and she should drink water instead of soda. She asked Maria's mom to help her think about ways to get some exercise, too.

Maria and her mom decided that she could ride her bike to school some days instead of having her mom drive her. Maria told her mom that she wanted to play with her friends after school instead of watching TV. Also, the whole family could take walks after dinner each night so they could get some exercise together and be healthy.

