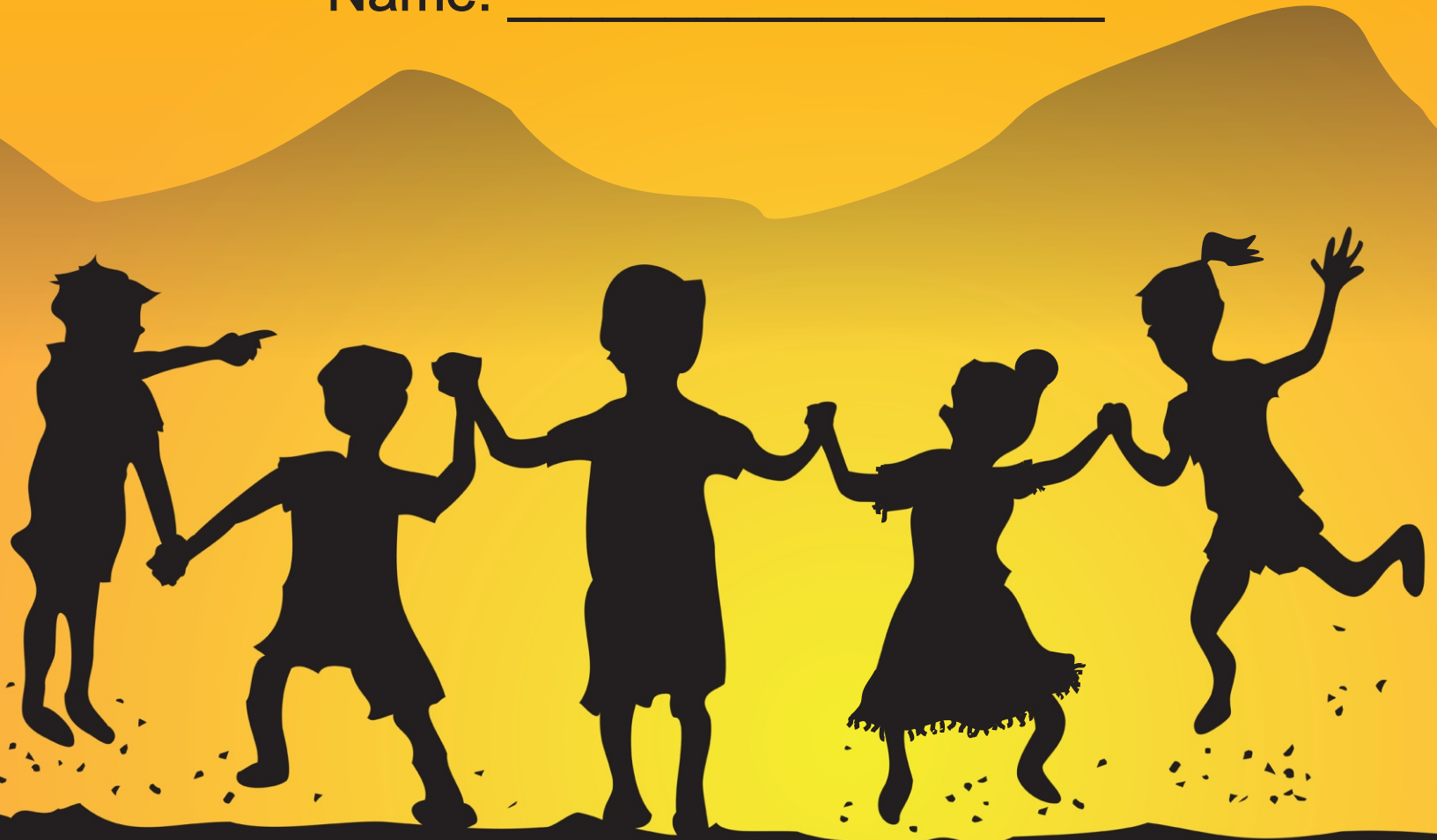


My Health Booklet

Become a Health Ambassador

Name: _____



10 Things Every Child Should
Know by the Age of 10

2nd Grade

All About Me

Current Year _____ Age _____

My favorite food is _____

My favorite color is _____

My favorite thing to do in school is _____

My favorite thing to do at home is _____

My best friend's name is _____

My favorite music/song is _____

My favorite movie/tv show is _____

My favorite toy is _____

My favorite game/sport is _____

What I like best about my family is _____

When I grow up I would like to be a/an _____

Five things I would like to learn or do this year are:

1. _____

2. _____

3. _____

4. _____

5. _____

I pledge to do what it takes to care for my family's and my health.

Signature: _____



$$\textcircled{10} \times \textcircled{10}$$

- ① Eat Well**
- ② Keep Moving**
- ③ Be Aware**
- ④ Make Wise Choices**
- ⑤ Think Safety**
- ⑥ Keep it Clean**
- ⑦ Stay Balanced**
- ⑧ Navigate it**
- ⑨ Know Your Numbers**
- ⑩ Keep Growing**

1 EAT WELL

My Plate Planner

A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes.

Just split the plate into 3 parts, the largest part for vegetables.

Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions.



Palm of Hand
Amount of Lean Meat



A Fist
Amount of Rice, Cooked Pasta, or Cereal



A Thumb
Amount of Cheese



Thumb Tip
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



NYC
Health



2nd graders should drink 56 to 64 ounces of water a day



SANDOVAL
HEALTH
COLLABORATIVE
health happens here

SUGGESTED ACTIVITY:

1. Create a healthy snack recipe as a class.
2. Cook together.
3. Draw a healthy meal plate with portions.

Activities are available on next page.

Additional resources are listed in the resource index.



ACTIVITY:

MAKE A HEALTHY SNACK WITH YOUR FAMILY



Apple "Donuts"

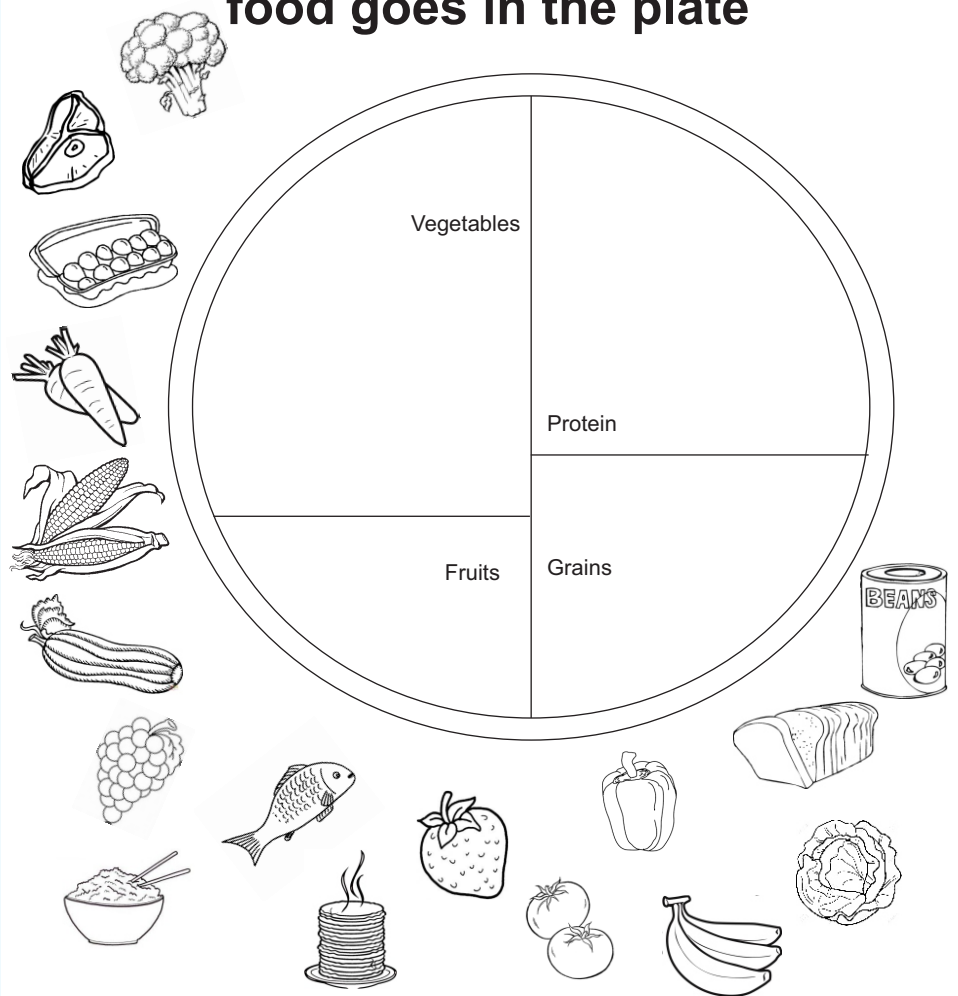
This easy recipe is fun and yummy!

1. Remove the apple cores
2. Slice apples into rings
3. Smear nut butter on the rings
4. Sprinkle with coconut pieces

Banana Yogurt Dips

1. Cut bananas into 4 pieces
2. Dip them in plain yogurt
3. Roll in crushed whole grain graham crackers
4. freeze
5. Enjoy!

Draw a line to where each food goes in the plate

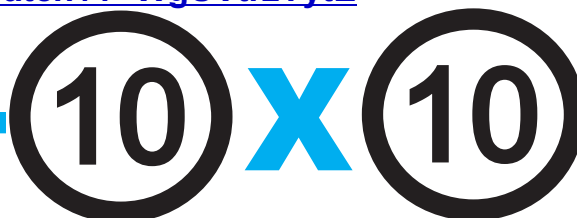


COLOR and CALCULATE THE OUNCES OF WATER YOU HAD TODAY



I drank _____ ounces of water today

<https://www.youtube.com/watch?v=WgUVtrzYytE>
<http://www.spatulatta.com/>



Sandoval Health Collaborative

② KEEP MOVING

2nd graders
should be
physically active
at least
60 minutes
every day!



Aerobic activity
(gets your heart beating faster)
makes your heart and muscles strong!



Get and Stay Fit!

Get to know our trails:
www.getmovingsandoval.com



© Sandoval Signpost

Be active together.

Find and Scan
the QR codes!

SUGGESTED ACTIVITY:

1. Play outside with your family or friends.
2. Have an elder teach you a new game.

Activities are available on next page.
Additional resources are listed in the resource
index.

ACTIVITY:

Draw a picture of your family playing a game outside or being active together.

Complete the graph for the minutes you were physically active

Minutes of Physical Activity							
90							
80							
70							
60							
50							
40							
30							
20							
10							
0							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



3

BE AWARE

The right choices count for a long and healthy life.

Be a Food Label Detective



Nutrition Facts	
Serving Size 2 cookies (29g)	
Servings Per Container about 12	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Potassium 15mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 13g	
Protein Less than 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Serving size

Servings per container

Calories

Fats

Carbohydrates

Sugars

Protein

SUGGESTED ACTIVITY:

1. Find the serving size and servings per container on food items at home
2. Complete the word search
3. Find the items on the food label

Activities are available on next page. Additional resources are listed in the resource index.

ACTIVITY: Can you find the food label words in the healthy heart?

R Z I D
 T I I L T E
 Q V S A Z R D S
 T J N L Q Q D K I E P K C N I H H Q K Q
 U O S U M F N N K J K S L E Z E O F T C G F
 G O A L Z O W Y N M C A R B O H Y D R A T E K L
 I X P H J M P S U G A R S U E H E T J S F A T S
 R O Y L G O A K T Y Z T S E R V I N G S S N A V
 K E O U W L I Z R N H T W E T B S U Z U B F A B
 U F C P Z H M E I W X I T S R S C A X K C J E N
 X O D X I E N X T K U Y O C W C P P F C E D D Q
 O W M Z A X J I O Y J W R L A C J F W O N L
 D Z S D L F T O X H N E C Z L Y C G L M R J
 V J F T L F N H F Z D L K O W M V T M W
 P T H A C P R O T E I N R R N P G E
 A Y B U Y U W U O Y U I T W R Y
 D E P E Q Q I F S V E R T C
 L Q W P W E J R H S Z O
 J U U T N Q O J I P
 Q Q R S M A P U
 E O V E L S
 E R D Y
 K T

Sugar
 Carbohydrate
 Fats
 Calories
 Servings
 Nutrition
 Protein
 Healthy
 Food
 Label

Nutrition Facts

Serving Size 1 cup (275g)
Servings Per Container 4

Amount Per Serving

Calories 340 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 410mg 17%

Total Carbohydrate 37g 12%

Dietary Fiber 1g 4%

Sugars 5g

Protein 17g

Vitamin A 10% • Vitamin C 0%

Calcium 35% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Identify the following from the food label

Serving Size _____

Servings per container _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Carbohydrates per serving _____



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-2-sections-1-3/>

4 MAKE WISE CHOICES



Follow directions when taking medicine

Too much of a good medicine is bad

Check with your parent or guardian before taking medicine



Don't Start!

Smoking causes cancer

Invite others to play
Use kind words
Help your family and friends



SUGGESTED ACTIVITY:


1. What did you do to help others today?
2. Keep a kindness journal

Activities are available on next page.
Additional resources are listed in the resource index.


ACTIVITY: Write a thank you note to someone who was kind to you

Complete the kindness checklist:

Name: _____



Kindness Checklist



☐

 Genuinely smiled at _____ people.

☐

 Offered my friend a _____.

☐

 Thanked _____ for _____.☐☐☐☐☐☐☐☐☐☐☐

© <http://worksheetplace.com>



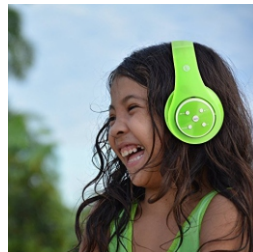
5 THINK SAFETY

Cyber Safety

- * If you would not say it in person, don't say it online
- * Tell a trusted adult if anything makes you feel uncomfortable, scared, or confused
- * Always keep your name, address, and school a secret



Use the crosswalk



Earphone Safety

- * Playing music too loudly can damage your hearing
- * Keep one ear free when walking or in public



Wear your helmets and pads

SUGGESTED ACTIVITY:

1. What are playground safety rules?
2. Code Word (next page)

Activities are available on next page. Additional resources are listed in the resource index.

ACTIVITY:

Bike Safety

Use the words to complete the sentences

Cars	Both	Helmet
Safe	Bright	Rules

Bicycle safety is important! Always wear a _____

Wearing _____ clothes are good to help people see you better.

Pay attention and watch for _____ on the road.

Always look _____ ways before you enter the street.

Always follow the _____ of the road.

Following the rules will help
you stay _____!



Identify a Family Safety Code Word

Work with your family to identify a family safety code word. If you are approached by a stranger and the stranger wants you to go with him or her, ask him or her for the code word.



⑥ KEEP IT CLEAN

Be a Germ Fighter!



Wash your hands



- * After using the toilet
- * Before eating
- * After playing outside or with pets
- * After blowing your nose or sneezing

To Fight Germs



- * Wash your hands for 20 seconds
- * Use soap
- * Rub between fingers, back of hand, and palms

Brush your teeth for 2 minutes
Brush twice a day



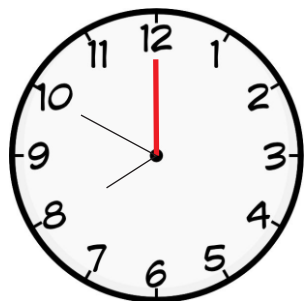
SUGGESTED ACTIVITY:

1. Make a chart of when you brush your teeth for a week
2. Discuss how germs are spread

Activities are available on next page.
Additional resources are listed in the resource index.

ACTIVITY: Draw the hands on the clock to show when the student should finish

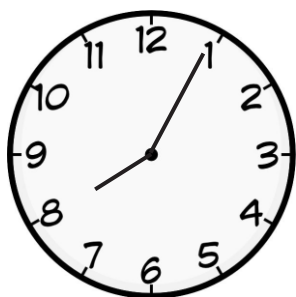
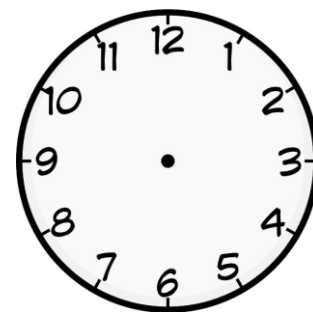
Start



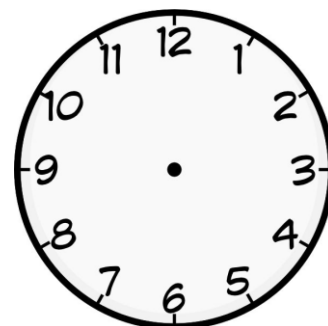
When should he finish washing his hands?

(Red hand represents the second hand)

Finish



When should she finish brushing her teeth?



Gerbusters



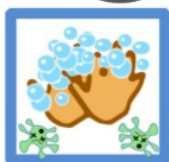
How to Wash Your Hands



1. Wet hands



2. Soap



3. Wash at least 20 seconds



4. Rinse



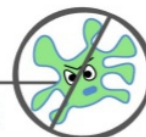
5. Dry Hands



6. Turn off water with a paper towel



Gerbusters



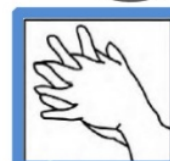
6 Steps for proper handwashing



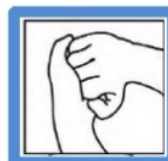
1. Rub hands palm to palm



2. Back of hands



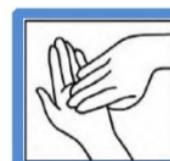
3. Between fingers



4. Back of fingers



5. Base of thumbs



6. Fingernails

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STOP!

Please complete the survey at

<https://healthsandoval.com/grade-2-sections-4-6/>

7 STAY BALANCED



To keep your mind and body healthy,
you need 10 - 11 hours
of sleep each night

Take time every day
to be quiet and mindful



Limit Screen Time
Balance with Active Play

Are you feeling Hurt, Sad, or Scared?
Let a trusted adult know
It is healthy to talk about feelings.



SUGGESTED ACTIVITY:

1. Practice Quiet Time Deep Breathing
2. Learn about mindfulness exercises
3. Talk about your feelings with a trusted adult

Activities are available on next page.

Additional resources are listed in the resource
index.

ACTIVITY:

Positive Practice

Each day this week write down:

3 things for which you are thankful

3 things that made you happy or laugh

3 ways you were kind



8 NAVIGATE IT

Learning how and when to use healthcare resources



Visit your doctor every year for well-child checks

- * Check for regular development
- * Catch problems before they are serious

Visit your dentist every 6 months

- * Cleaning
- * Check for cavities



Visit the school counselor if you:

- * need to talk about your feelings
- * to help you with life challenges
- * to help with academic success



SUGGESTED ACTIVITY:

1. Make a list of Important dates and names
2. Discuss when to see the doctor and dentist with your family

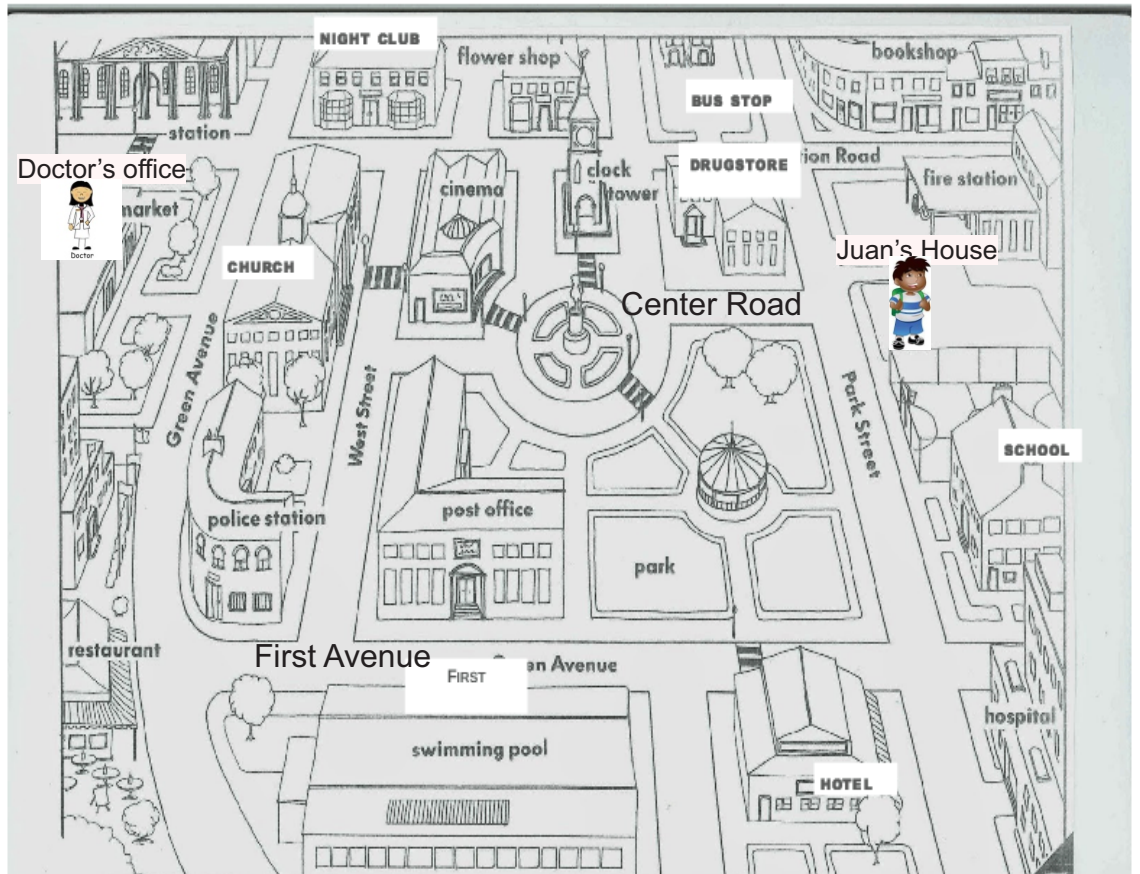
Activities are available on next page.

Additional resources are listed in the resource index.

ACTIVITY:

Help Juan navigate his way to the doctor's office

Write the directions for Juan



Teacher Cristiane Fabocci

Draw a line to who should you see when:

You have a fever and are sick



When your tooth hurts



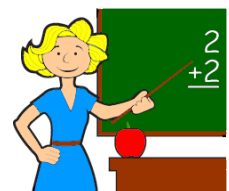
Doctor

Feeling sad or scared



To get your teeth checked

To get your immunizations



Don't understand an assignment



9 KNOW YOUR NUMBERS



Parent/Guardian's Names and
Phone Numbers



Address



Bus Number

SUGGESTED ACTIVITY:

1. Complete "Know Your Numbers"

Activities are available on next page.
Additional resources are listed in the resource
index.

ACTIVITY:

Know Your Numbers

Bus Number: _____

Phone Numbers:

911 Emergency

Parent/Guardian Name _____

Parent/Guardian Name: _____

Home Phone: _____

Home Phone: _____

Address:

Home Address: _____

Home Address: _____

In case of an emergency:

Emergency Contact Name: _____

Emergency Contact Number: _____



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-2-sections-7-9/>

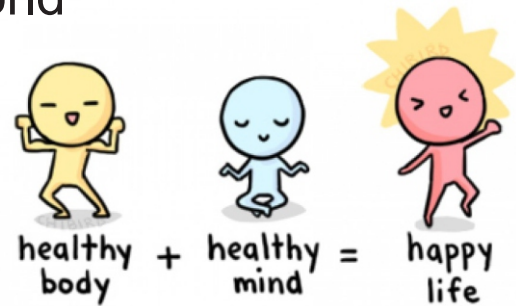
10 KEEP GROWING

Be a life-long learner



Never stop learning something new

- * About health
- * About your world



BE A HEALTH AMBASSADOR!

Share what you learn about being healthy with your family and friends!

- * Share your favorite 10x10 message with your family

Help your family grow a healthy lifestyle!



SUGGESTED ACTIVITY:

1. Get the QR code and keep earning points!
2. Get a Library Card and get a new book

Activities are available on next page.
Additional resources are listed in the resource index.



ACTIVITY:

BE A HEALTH AMBASSADOR TO YOUR FAMILY!

Use the QR Code

Win points toward prizes!

Get the QR code with your family (in parent resource section)

Go to a new healthy place to scan the QR code

Keep earning points with the QR code!

Start Here



Know Your Numbers

Make Wise Choices

Eat Well

Think Safety

Keep Moving

Stay Balanced

Be Aware

Keep It Clean

Navigate It

I am a
Health
Ambassador



Keep Growing



Sandoval Health Collaborative