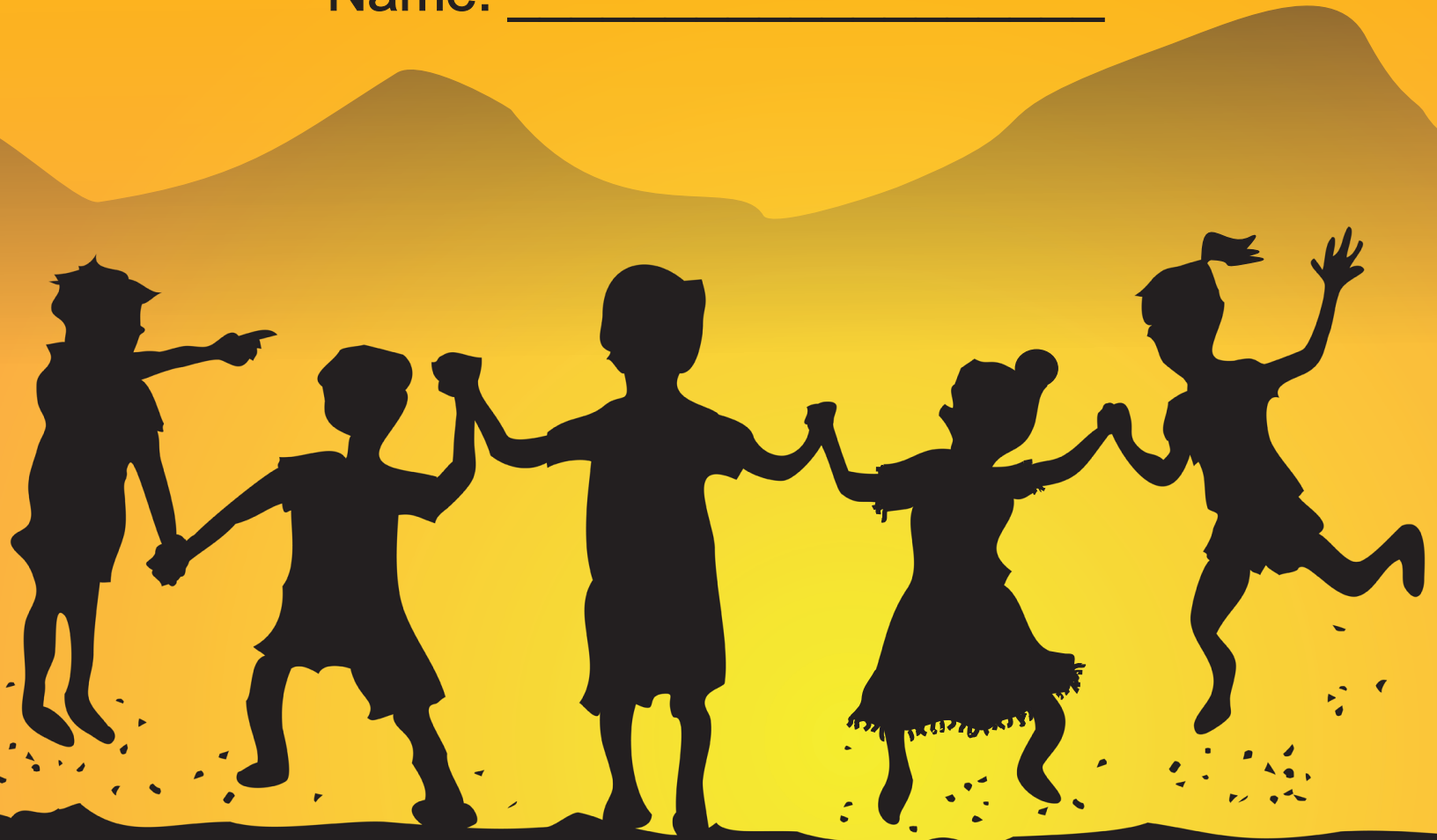


My Health Booklet

Become a Health Ambassador

Name: _____



10 Things Every Child Should
Know by the Age of 10

3rd 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



Fat-free or
1% milk



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 as a guide for portion sizes.



7-inch plate (children)

9-inch plate (adult)

NYC
Health



HPD025913 - 2.10

Choose sugar
free drinks.

Water is best.

(7-8 8 ounce cups a day)

3rd Graders should
drink 5-8 cups of
water each day.

SANDOVAL
HEALTH
COLLABORATIVE
health happens here

SUGGESTED ACTIVITY:

1. Make a food diary for the week. What did you eat each day?
2. Flavor your own water using fresh fruits and vegetables.
3. Teach a friend or sibling how to make a healthy snack.

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

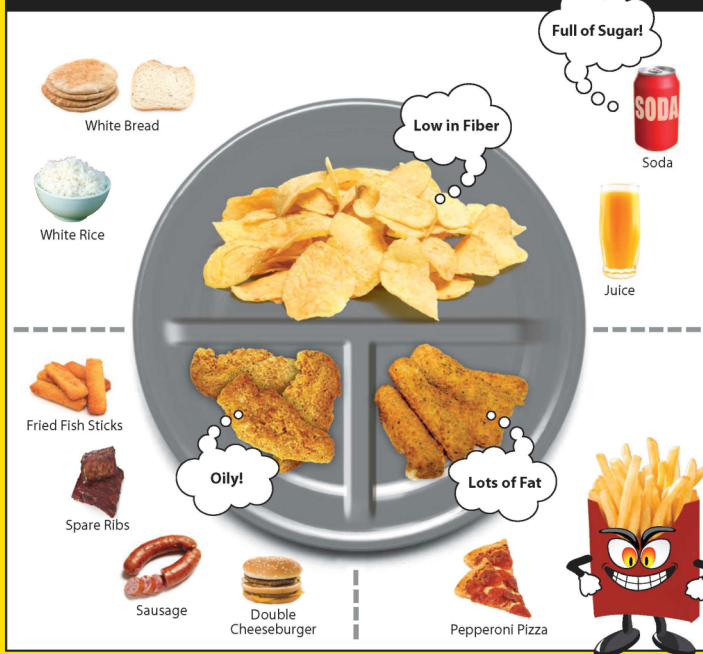




How to Choose Healthy



Don't Eat This!



Eat This!



Palm of Hand
Amount of
Lean Meat



A Fist
Amount of Rice,
Cooked Pasta
or Cereal

**Your hand can help you measure
the right amount of food to eat.**

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



A Thumb
Amount of Cheese



Thumb Tip
Amount of
Peanut Butter

ACTIVITY:

Make Your Own...

Homemade Trail Mix

Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

Caterpillar Kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

Bugs on a Log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries.

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

10

NRBOW ICER

13

12

LEISUM

14

EKAWEHCU

2

HOEWL TEWAH ABDER

4

11

3

8

TEAMALO

6

7

LEWOH NIAGR YABELR

5

9

1

1

2

3

4

5

6

7

8

9

10

11

12

13

14

Choices:
oatmeal
whole wheat bread
popcorn
muesli
brown rice
whole grain barley
buckwheat

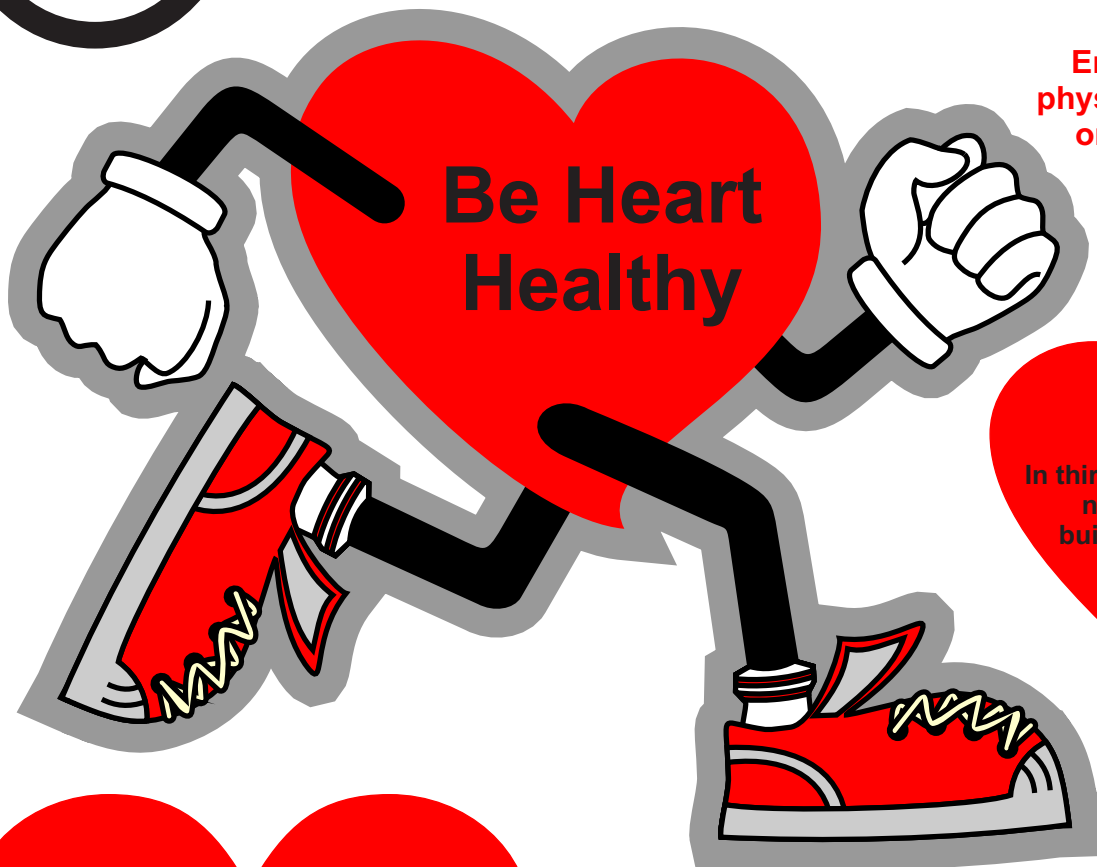
Adapted from
Team Up At Home Team Nutrition Activity Book



Sandoval Health Collaborative

② KEEP MOVING

Engage in vigorous physical activity at least one hour each day.



In third grade, your body is now ready to start building more muscle strength and stamina.

Being active helps your body and brain grow and get stronger. Vigorous Physical Activity is being physically active so that your heart beats faster. Your heart is a muscle. Exercising your heart makes it grow stronger.

Be active at least 60 minutes every day.

SUGGESTED ACTIVITY:

1. Take your pet for a walk.
2. Design an exercise class for your family or friends

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

Get to know our trails:
www.getmovingsandoval.com



ACTIVITY:

Have a parent or guardian help you calculate your heart rate:

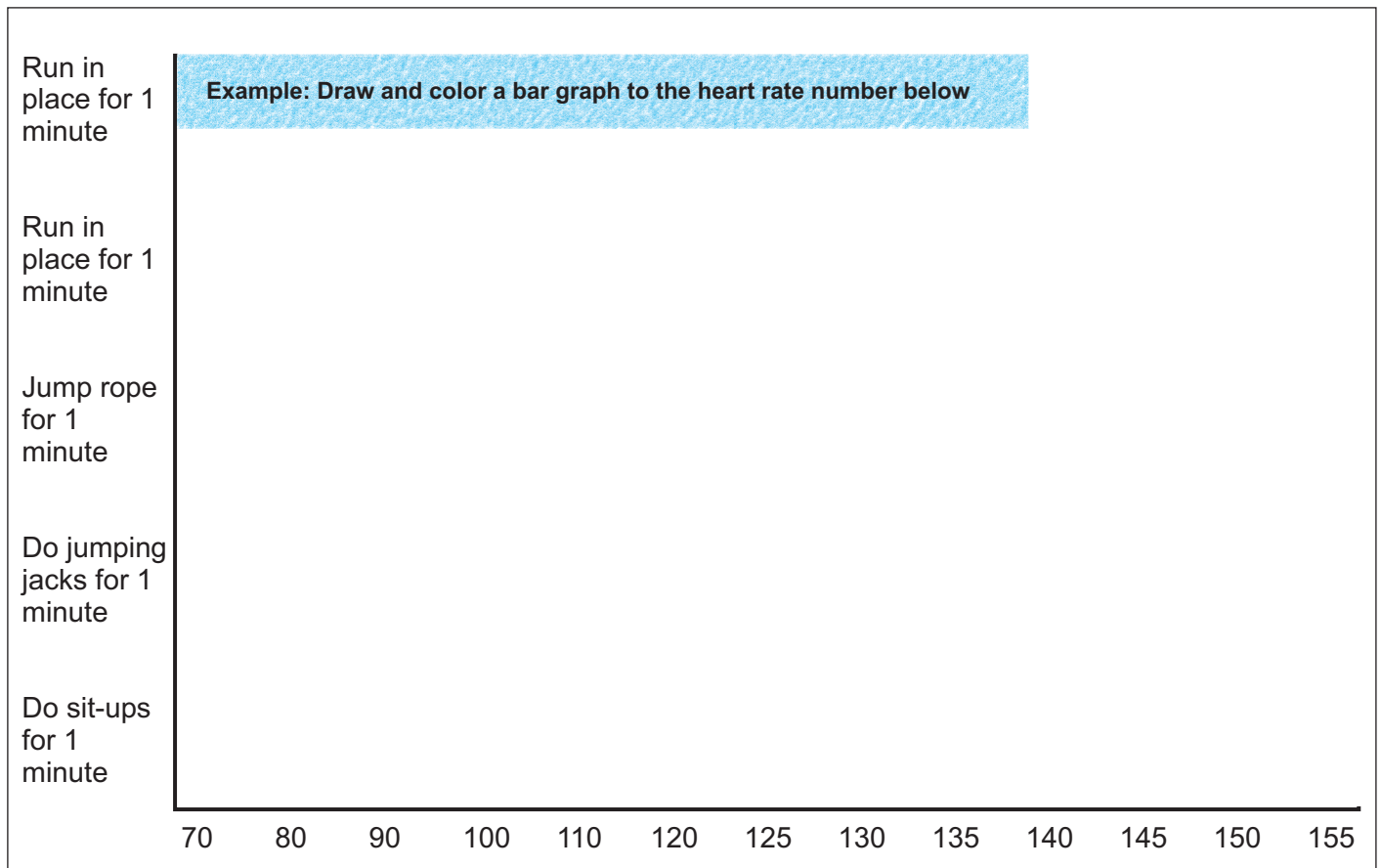
Locate your pulse points on either your wrist or neck. Place your right index and middle finger on the palm side of your left wrist. On the neck, the pulse point is located beneath the ear and jawbone. Count the number of beats in 15 seconds. Multiply this by four ($15 \times 4 = 60$, there are 60 seconds in one minute). This is how many times the heart beats in one minute. Your resting heart rate is calculated before you do any exercise.

What is your resting heart rate?

Number of beats per 15 seconds _____ $\times 4 =$

The average resting heart rate for a 3rd grader is 84 beats per minute. The normal range for a 3rd grader is 52 to 115 beats per minute.

Complete the bar graph below by calculating your heart rate for the following activities:



3

BE AWARE

The right choices count for a long and healthy life.

Nutrition Facts	
Serving Size 1/4 Cup (30g)	
Servings Per Container About 38	
Amount Per Serving	
Calories 200 Calories from Fat 150	
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Don't forget to look at the number of servings in the packet.

Look for foods that are low in the red areas.

Look for foods that are high in the green areas.

3rd graders should eat less than 25 grams of sugar each day.

SUGGESTED ACTIVITY:

1. Review the nutrition labels on food items at your house. Determine which food items are better for you?

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

ACTIVITY:

Compare and contrast your choice of two food labels:

Food 1 _____

Serving Size: _____

Serving Per Container: _____

Calories: _____

Total Fat: _____ grams

Dietary Fiber: _____ grams

Sugars: _____ grams

Protein: _____ grams

First 3 Ingredients:

1. _____

2. _____

3. _____

Food 2 _____

Serving Size: _____

Serving Per Container: _____

Calories: _____

Total Fat: _____ grams

Dietary Fiber: _____ grams

Sugars: _____ grams

Protein: _____ grams

First 3 Ingredients:

1. _____

2. _____

3. _____

Which food has more sugar? _____

Which food has more protein? _____

Which food has more calories? _____

Which food has the healthier ingredients? _____

Which food is the healthier choice? _____



STOP!

Please complete the survey at

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

4 MAKE WISE CHOICES

The choices you make affect you and those around you. All choices have consequences – some good and some bad. Using drugs can have negative effects on your body and mind that can last a lifetime. Even drugs that a doctor gives you can be bad if you don't follow the directions. Always follow the directions for medicine. Alcohol and drugs have very damaging effects on growing bodies and brains.

Making wise choices also means paying attention to the feelings and needs of other people. Being kind makes both you and the other person feel good. Every person needs to feel loved and accepted.

Making wise choices means that you do what is right even when those around you are making unwise choices. You have the power to make choices – so choose wisely.



Be Kind.



Be Drug-Free.

Be Helpful.

Be Courteous.



SUGGESTED ACTIVITY:

1. Write a letter or email thanking someone who was kind to you.
2. Talk to a younger sibling or friend about what it means to be kind to others.

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

ACTIVITY:

Act of Kindness Story Writing Activity

An act of kindness is doing something that can help or cheer up another person, for no other reason than to make that person feel happier.

Francisco decided to do as many acts of kindness that he could in one day. Write a story about his day including how he felt and how other people reacted.

Try to include:

- ➔ Adjectives
- ➔ Conjunctions (and, but, yet, because, therefore, since)
- ➔ Different sentence openers
- ➔ Different punctuation
- ➔ Descriptive details

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

⑤ THINK SAFETY

Cyber Safety



- Be a good digital citizen. Be kind when online. If you would not say it in person, do not say it online or in a text.
- Don't share pictures without checking with your parents.
- Just like people dress up to pretend to be someone or something they are not at Halloween, sometimes people pretend to be someone else when they are online or gaming. Someone might pretend to be a kid when they are really a grown up. Or they may pretend to be nice when they are trying to trick you to give them information. It can be hard to know if someone is telling you the truth online or in gaming.
- Never give out information online or in games without checking with your parents. Never give your name, address, or school name to people online. If someone asks for any of this information, tell an adult immediately.

Gun Safety

- Never play with or handle firearms without a parent's permission. If you will be handling a firearm, be sure to get safety training. Be sure your parent is present and has given permission before touching a firearm.



Safety

- Always cross a street at a crosswalk. Always follow the street signs and signals when walking, riding bikes, or skateboards.
- Wear your helmets and pads when riding a bike or skateboard.
- Always wear your seatbelt when riding in a car.

SAFETY FIRST

SUGGESTED ACTIVITY:

1. Talk to a parent or guardian about stranger danger.
2. Code Word (next page)

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



ACTIVITY:

Sergio flung his backpack onto his bed and sat down at his computer. A box popped up on the screen with bright, colorful, and flashing letters that read "You have won an iPad!" Sergio thought, "I have wanted an iPad for a long time! I can't believe I won one!" He was very excited. But he also did not remember entering any contest. The box read "enter your name, email address, and mailing address to claim your prize." It made sense to Sergio because how else would they get the iPad to him.

What should Sergio do? _____

Do you think that Sergio really won an iPad? Why or why not? _____

List 2 reasons why the message on the computer is suspicious.

1. _____

2. _____

What might happen if he entered his information? _____

Veronica logged on to her social media and saw that she had a lot of likes on the funny video she posted of a pig rolling in the mud. She got a lot of likes and some LOLs. But Millie posted a comment, "Veronica is an ugly pig". Veronica was hurt and sad. She wondered how many kids at school read that comment. She was afraid to go to school the next day because she felt like everyone was looking at her. She ran to the bathroom and cried.

List some words to describe how Veronica felt after she read the comment.

1. _____ 2. _____

3. _____ 4. _____

If you were Veronica's friend, what would you say to her? _____

If you were friends with Millie, what would you say to her? _____

Do you think it is a good idea for Veronica to post something mean on Mille's page to get even? Why or why not?

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

- Cough and sneeze into your elbow
- Wash your hands with soap and water for 20 seconds
- Brush your teeth for 2 minutes twice a day

Germs are microscopic (can only be seen with a microscope) and are bacteria and viruses. Some germs are good like the bacteria in yogurt. But some germs will make us sick when they get into our bodies. This is one of the reasons it is important to eat healthy and exercise to make our bodies stronger.

Some germs are in our environment all around us, like in the dirt or on our pets. Some germs are passed from person to person. Some ways we pass germs are by not covering our mouth when we sneeze or cough, sharing drinks, and not washing our hands after the bathroom.

Always wash your hands with soap and water:

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

SUGGESTED ACTIVITY:

1. Teach a younger sibling or friend the proper steps for washing your hands

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

ACTIVITY:

Germ are Not for Sharing: Unscramble the Words

There are good _____ like bacteria in yogurt and bad _____ that

MSGER



can make you sick. Cover your _____ when you _____ or sneeze.



GHCOU

Always cough or sneeze into your _____.

WOEBL

Always _____ your _____ with _____ and _____



DSAHN



RAWTE

before you eat, after you sneeze, and after you use the _____



Be a germ _____ by



not sharing your germs!



Be A Germ-Buster

WASH YOUR HANDS



6 Steps for Proper Handwashing

1. Rub hands palm to palm
2. Rub backs of hands
3. Wash between fingers
4. Wash the backs of fingers
5. Wash the base of thumbs
6. Wash the fingernails



Minnesota Department of Health
Food Safety Center
625 N Robert St, PO Box 64975, St. Paul, MN 55164
651-201-5414, TDD/TTY 651-201-5797, www.health.state.mn.us

Adapted with permission from Washington State Department of Health



Sandoval Health Collaborative

STOP!

Please complete the survey at

<https://healthsandoval.com/grade-3-sections-4-6/>

7 STAY BALANCED

Did you know that your thoughts are just thoughts? You have the power to choose to either let go of them or to act on them.

Mindfulness can help us calm down when we are angry, sad, frustrated, or have any difficult emotion. Learning to practice mindfulness can also help us feel more grateful and be more focused in school, sports, or music.



Did you know that feelings affect your body? Holding on to negative emotions can hurt your body and choosing positive thoughts and feelings can help your body.

SUGGESTED ACTIVITY:

1. Practice Mindfulness

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

ACTIVITY:

Practice mindfulness

- Make your body very still and quiet
- Pay attention to your thoughts - What are you feeling right now?
- Pay attention to your body – what does your body feel like? Can you feel your toes? Your heart beating?
- Pay attention to your breathing – breathe in slowly and feel the air fill your lungs. Now breathe out slowly and feel the air leaving your body.
- Imagine bad feelings leaving your body with your breath. Imagine good thoughts and feelings entering your body when you breathe in.



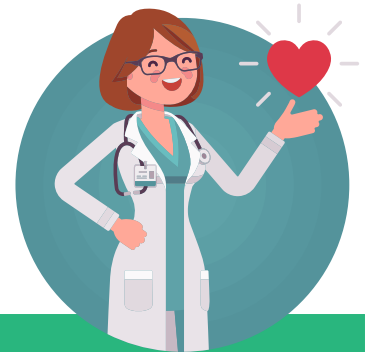
Positive Practice

Each day this week write down:
3 things for which you are thankful
3 things that made you happy
3 ways you were kind



8 NAVIGATE IT

Staying healthy involves navigating the healthcare system. For grown ups, this includes making appointments, filling out paperwork, and managing insurance.



3rd graders should visit their doctor every year to stay healthy. At your annual check-up, your doctor will check your growth, give you immunizations, and can catch health problems before they become serious.



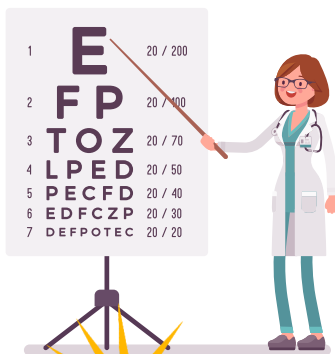
It is very important to get your immunizations every year.



Visit your dentist every 6 months to clean your teeth and check for cavities. Cavities are small holes in your teeth that need to be filled by the dentist. If the cavities do not get filled, the holes will get bigger and bigger. Everything we eat and drink can form plaque that attack our teeth. We can remove plaque by brushing your teeth at least twice a day.



School counselors can help you if you need to talk to someone about your feelings or life challenges. Did you know that your school counselor can also help you to learn ways to improve your performance in school?

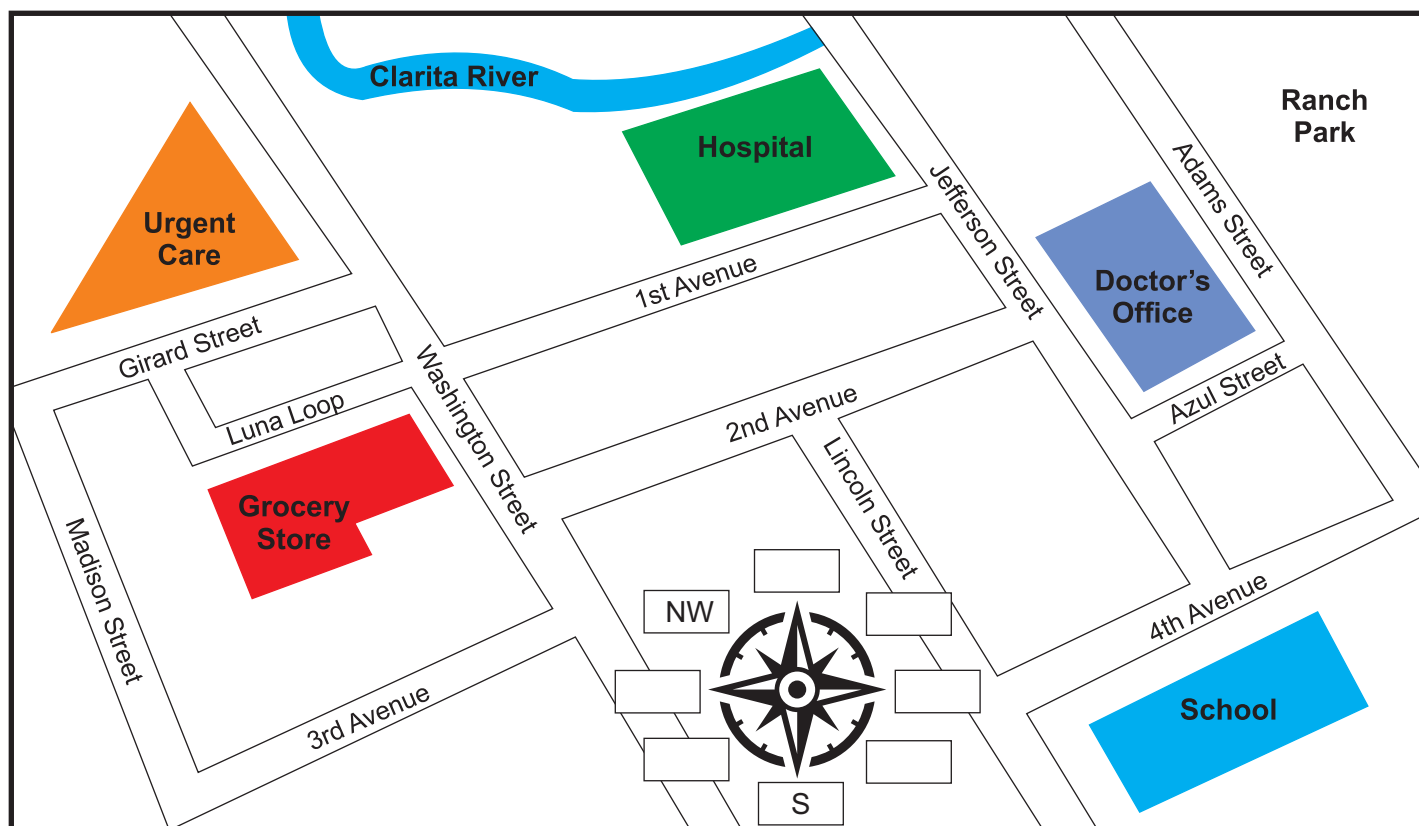


SUGGESTED ACTIVITY:

1. Navigate the map and answer the questions on the next page.

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

ACTIVITY:



1. Add the cardinal directions to the compass.
2. Samantha has a fever and a runny nose. When her mother picked her up from school, she took her to the doctor's office. After getting on Lincoln Street, which way should her mother turn on 2nd Avenue?

3. Mateo was having some difficulty breathing. His mother knew she needed to get him to the emergency room at the hospital right away. They are on 3rd Avenue. Write the next two streets they should turn on to get to the hospital.

4. Sofia had a fever and was coughing. Sofia's father did not think they should wait to get a doctor's appointment, but it was not an emergency. They decided to go to the urgent care. They are on Azul Street. Write out directions to urgent care – the street names and the cardinal directions.

5. John wants to buy some healthy vegetables for dinner at the grocery store. John is on Jefferson Street. Which cardinal direction should he travel to get to the Grocery Store?

6. Ana is traveling South on Washington Street. Which cardinal direction should she go in order to get to the doctor's office?



9

KNOW YOUR NUMBERS

Address



Memorize and practice important numbers - when we are in a stressful situation, it is sometimes hard to remember. If we practice and review our important numbers, we will be ready in an emergency. In an emergency, the police or firefighter will ask you for this information.



Parent/Guardian's Names
and Phone Numbers



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 Contact

Local Police Officer: _____

Community Health Representative: _____

Home Phone: _____

Address:

Home Address: _____

In case of an emergency:

Emergency Contact Name: _____

Emergency Contact Number: _____



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-3-sections-7-9/>

10 KEEP GROWING



There are always new things to learn about health and the world. Learn something new every day of your life. Your mind can keep growing even when your body is all grown up. Share what you learn with others and your community to help them keep learning.

SUGGESTED ACTIVITY:

- ## 1. Be a Health Ambassador

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

ACTIVITY:

Be a Health Ambassador

A health ambassador is someone who encourages others to be healthy. You can be an ambassador by sharing what you learn about health, by encouraging others to do healthy behaviors, and by being a role model of healthy behaviors.

You can be a health ambassador to your family, friends, classmates, and to your community! Help your family, friends, and community grow a healthy lifestyle!

12/27/2018

https://www.toolsforeducators.com/mazes/getMaze.php?files%5B%5D=..%2Fhealth%2F1_blank.jpg&text%5B%5D=Eat+Well&files%5...

