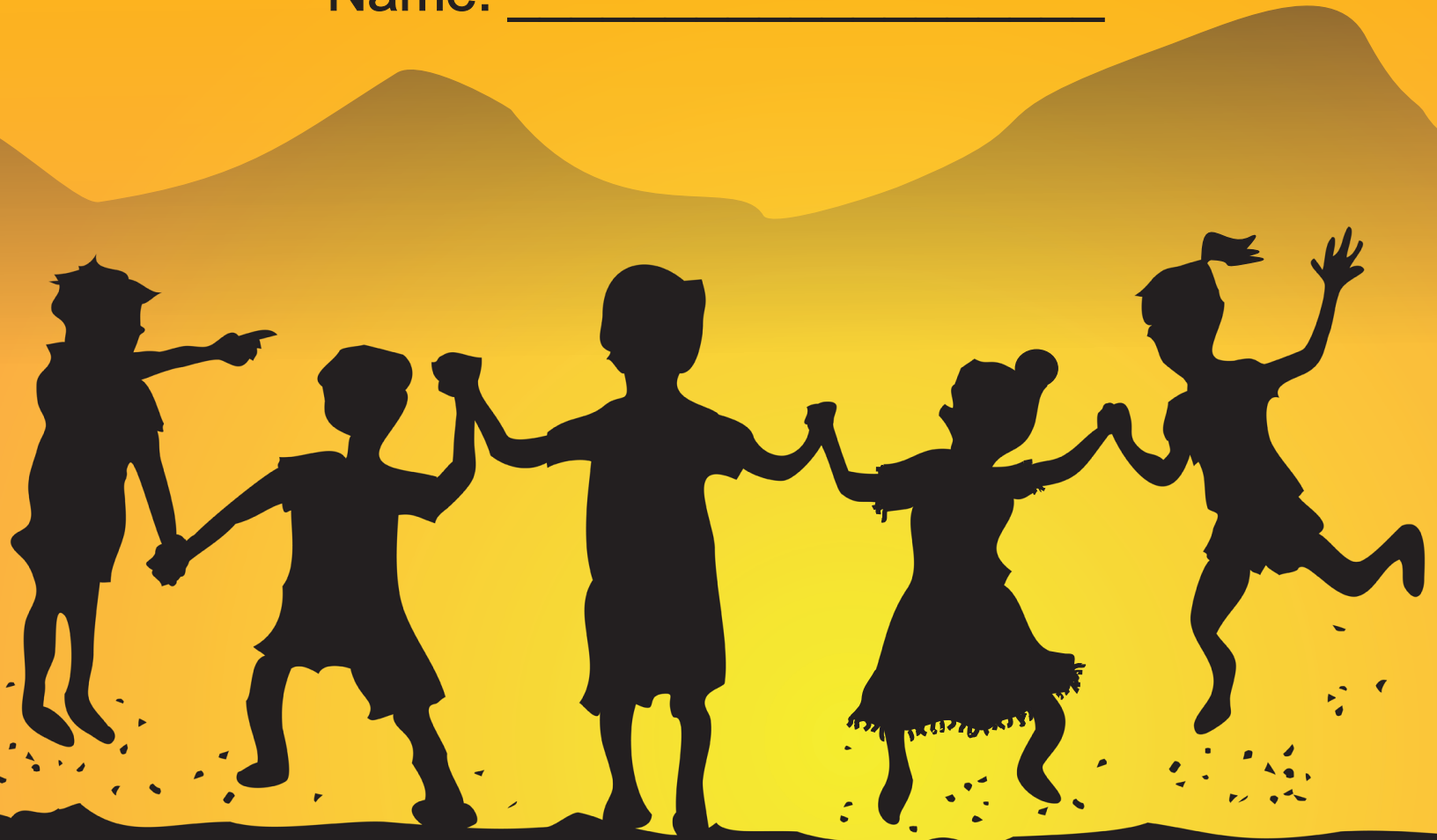


My Health Booklet

Become a Health Ambassador

Name: _____



10 Things Every Child Should
Know by the Age of 10

4th 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: _____



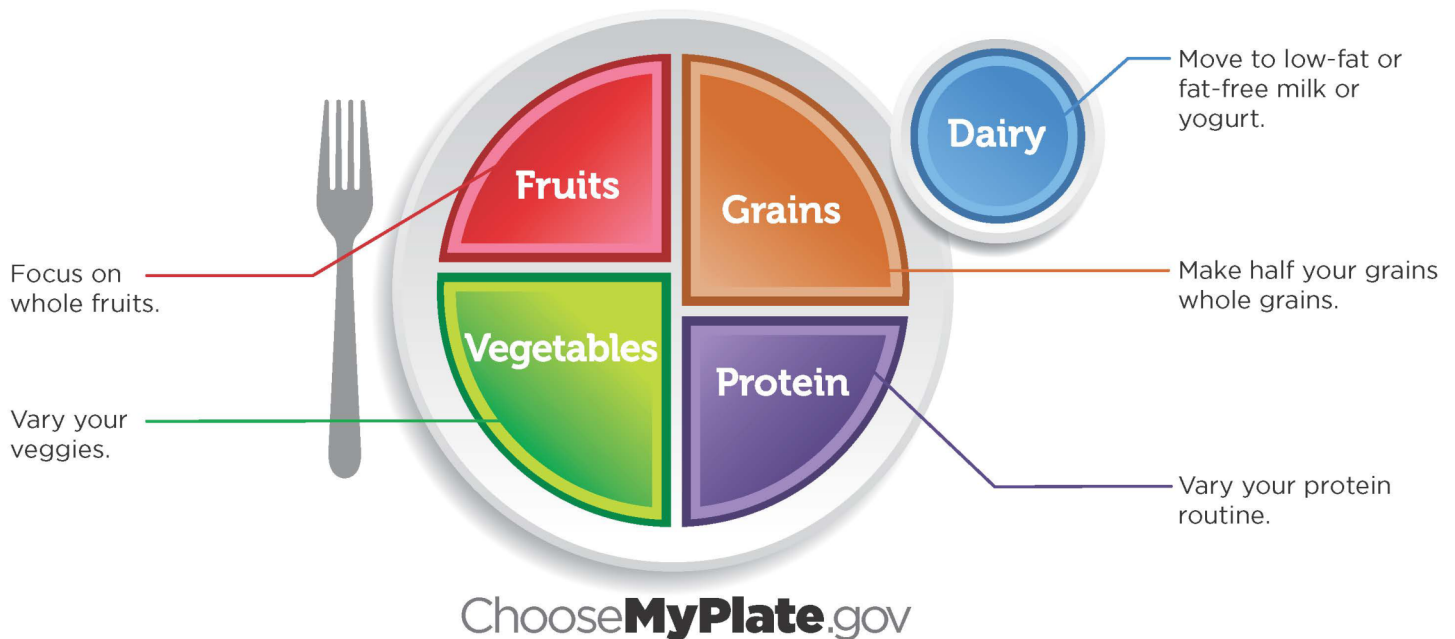
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- ① Eat Well**
- ② Keep Moving**
- ③ Be Aware**
- ④ Make Wise Choices**
- ⑤ Think Safety**
- ⑥ Keep it Clean**
- ⑦ Stay Balanced**
- ⑧ Navigate it**
- ⑨ Know Your Numbers**
- ⑩ Keep Growing**

1 EAT WELL

Keep it colorful!

Make half your plate fruits and vegetables. Choose **red**, **orange**, and **dark-green** vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

4th Graders should drink 5-8 cups of water each day.

SUGGESTED ACTIVITY:

1. Make a food diary for the week. What did you eat each day?
2. Plant a garden. Pick two or three vegetables to grow.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

1 large banana
1 cup mandarin oranges
½ cup raisins
1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

2 cups raw spinach
1 large bell pepper
1 cup baby carrots
1 cup green peas
1 cup mushrooms

6 ounces

1 ounce counts as:

1 slice of bread
½ cup cooked oatmeal
1 small tortilla
½ cup cooked brown rice
½ cup cooked grits

3 cups

1 cup counts as:

1 cup milk
1 cup yogurt
2 ounces processed cheese

5½ ounces

1 ounce counts as:

1 ounce tuna fish
¼ cup cooked beans
1 Tbsp peanut butter
1 egg

ACTIVITY:

Design Your Own Meals

Using the guidelines above, design your own breakfast, lunch and dinner. Please include the amount (example: 1/2 cup of raisins). The amount per meal in each food group should equal the total amount allowed as listed above. For example, you should have three cups of dairy each day. One cup of milk per meal would equal the allowed amount.

Breakfast:

Fruit: _____

Vegetable: _____

Grains: _____

Dairy: _____

Protein: _____

Lunch:

Fruit: _____

Vegetable: _____

Grains: _____

Dairy: _____

Protein: _____

Dinner:

Fruit: _____

Vegetable: _____

Grains: _____

Dairy: _____

Protein: _____

Total:













Material on this page is adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov Web site.

Sandoval Health Collaborative

② KEEP MOVING



Run
Jump
Play

**Be active at least
60 minutes every day.**

In fourth 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.

Do you know your
height and weight?

_____ Height

_____ Weight

SUGGESTED ACTIVITY:

1. Research trails in Sandoval County. Pick one of your favorites and invite your family to go hiking with you.

ACTIVITY:

Create an Exercise Plan

Select three exercises that you are willing to try:

Walk	Jump Rope	Dance	Baseball
Run	Basketball	Frisbee	Gymnastics
Hike	Soccer	Golf	Weights

Schedule when you will do these exercises and for how long:

Week 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

www.getmovingsandoval.com



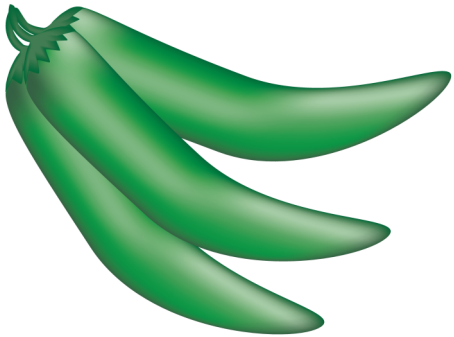
Sandoval Health Collaborative

3

BE AWARE

The right choices count for a long and healthy life.

Green Chili Nutrition Facts



Don't forget to look at the serving size.

Look for foods that are low in the red areas.

Look for foods that are high in the green areas.

Nutrition Facts

Serving Size 1 Pepper 45 g

Amount Per Serving

Calories 18 Calories from fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 3mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 3%

Sugars 2g

Protein 1g

Vitamin A 11%

Vitamin C 182%

Calcium 1%

Iron 3%

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

4th 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?

ACTIVITY:

Comparing and Contrasting:

Nutrition Facts Serving Size 1 Box (34g) Amount Per Serving Calories 130 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 170mg 7% Total Carbohydrate 30g 10% Dietary Fiber less than 1g 3% Sugars 12g Protein 2g Vitamin A 10% • Vitamin C 10% Calcium 0% • Iron 25% Vitamin D 10% • Thiamin 25% Riboflavin 25% • Niacin 25% Vitamin B ₆ 25% • Folic Acid 25% Vitamin B ₁₂ 25% <small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> <table> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat. 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Review the four nutrition labels from cold cereal boxes above. Which is the healthiest choice and why?



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-4-sections-1-3/>

4 MAKE WISE CHOICES

The choices you make impact 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.



Be Kind.

Making wise choices also means having empathy for others. 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 Drug-Free.

Be Helpful.

Be Courteous.



SUGGESTED ACTIVITY:

1. Plan an activity with your family or friends and do something nice for someone else.

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.

Elliot decided to do as many acts of kindness as possible in one day. Write a story about Elliot's feelings that day and how other people reacted.

Try to include:

- ➡ Adjectives
- ➡ Conjunctions (and, but, yet, because, therefore, since)
- ➡ Different sentence openers
- Descriptive details
- ➡ Dialogue
- ➡ Figurative Language
- ➡ Different punctuation

This image shows a single 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 what it means to be a good digital citizen.

ACTIVITY:

Dakota flung the backpack onto the bed and sat down at the computer. A box popped up on the screen with bright, colorful, and flashing letters that read "You have won an iPad!" Dakota thought, "I have wanted an iPad for a long time! I can't believe I won one!" How exciting! But Dakota 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 because how else would they get the iPad to Dakota.

What should Dakota do? _____

Do you think that Dakota 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 Dakota entered the information? _____

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

List some words to describe how Jordan felt after reading the comment.

1. _____

2. _____

3. _____

4. _____

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

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

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

What do you do when you know someone is doing something unsafe?



⑥ KEEP IT CLEAN

Personal CARE

Practice good hygiene

Practicing good hygiene is as essential to good health as nutrition, exercise, and sleep! It can help prevent illness and infections from germs. Germs (bacteria and viruses) are microscopic. 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.

Practicing good hygiene also helps you to feel better about yourself. It can help you maintain and enjoy a healthy body image.

DO:

- 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.
- Wash your water bottle daily.
- Keep your fingernails trimmed and clean.
- Shower daily.

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

ACTIVITY:

Find the differences between the two pictures:



STOP!

Please complete the survey at

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

7 STAY BALANCED

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.

Ways to practice mindfulness every day:

- Listen to the sounds all around you.
- Practice with a breathing buddy.
- Make your walks mindful.
- Establish a gratitude practice.
- Check your personal weather report.
- Use a Make a Mind Jar
- Practice mindful eating



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.

SUGGESTED ACTIVITY:

1. Practice Mindfulness

ACTIVITY:



What do you do when you are angry?

What do you do when you are sad?

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.



8 NAVIGATE IT

Know the Difference between Common Cold and Flu

The flu, which is caused by influenza viruses, also spreads and causes illness around the same time as the common cold. Because these two illnesses have similar symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. In general, flu symptoms are worse than the common cold and can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Flu can also have very serious complications.

<https://www.cdc.gov/features/rhinoviruses/index.html>

If you are feeling unwell, tell your parents, guardians, school nurse or a trusted adult.

IS IT A COLD OR THE FLU ?

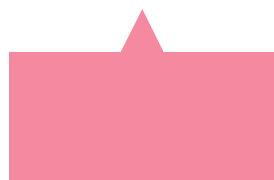
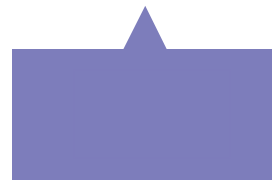
COLD	FLU
 LOSS OF APPETITE	 MUSCLE PAIN
 SORE THROAT	 HIGH FEVER
 SNEEZING	 HEADACHE
 COUGH	 FATIGUE
 VOMITING	 CHILLS

SUGGESTED ACTIVITY:

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

ACTIVITY:

Know Your Symptoms



Cough
Headache
Fever
Nausea

Runny Nose
Rash
Stomach Ache



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"

ACTIVITY:

Know Your Numbers

Bus Number: _____

Phone Numbers:

911 Emergency Contact

Local Police Officer: _____

Community Health Representative: _____

Home Phone: _____

Address:

Home Address: _____

Cross Streets: _____

In case of an emergency:

Emergency Contact Name: _____

Emergency Contact Number: _____



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-4-sections-7-9/>

10 KEEP GROWING



Be a Health Ambassador

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. Write about how you plan to be a health ambassador.

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!

Write about how you plan to be a Health Ambassador to your 1. family, 2. friends and 3. community:

This image shows a single 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.