

# My Health Booklet

Become a Health Ambassador

Name: \_\_\_\_\_



10 Things Every Child Should  
Know by the Age of 10

5th 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**

The human body is amazing. It's always working and growing...changing food to fuel and fighting illness and germs. Take care of it and it will take care of you.

That's what this booklet is all about.

# 1 EAT WELL



It is important to eat healthy. You should eat fruits, vegetables, grains, protein and dairy or fortified soy alternatives. When you snack, you should be careful not to eat too much of the things that are bad for you. Limit foods that are high in sugar, saturated fat and sodium.

To encourage healthy snacking, you can build your own. Make a snack mix with dried fruit, unsalted nuts, plain popcorn, etc. Prep ahead and have fresh fruits and vegetables washed and cut up. You can store these in reusable containers. Try pairing different foods. For example, you can have yogurt with fresh berries, crackers with turkey or fresh vegetables with guacamole or hummus. Always be sure you have healthy snack options available.

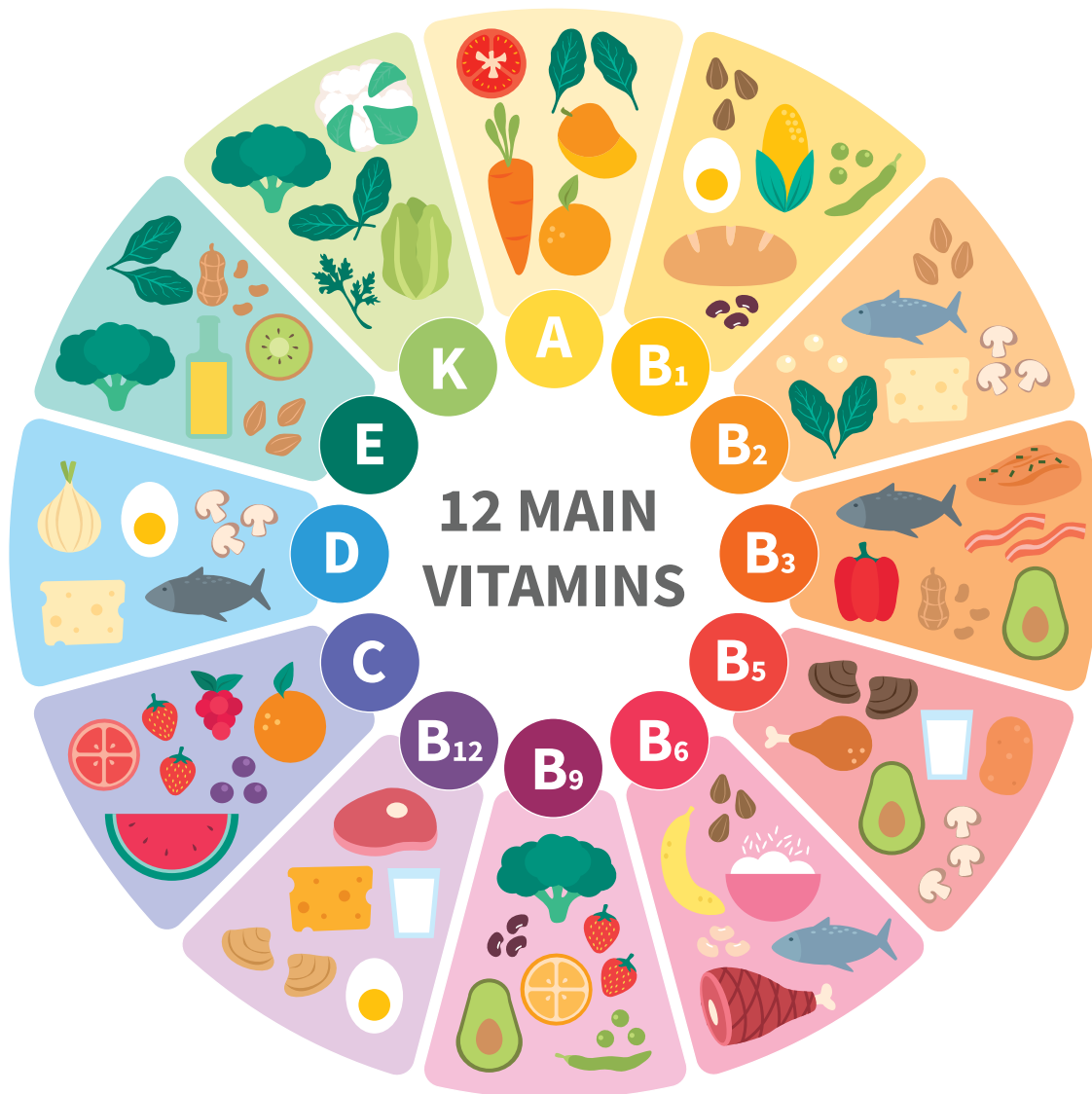
## Drink water instead of sugary drinks.

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

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

## SUGGESTED ACTIVITY:

1. Are you making every bite count? Take the MyPlate Quiz <https://www.myplate.gov/> Review your results. List two things you are doing well. Make three healthy eating goals based on your results



Did you know that choosing foods rich in vitamins can help your body stay healthy and strong. Vitamin A is found in carrots. It helps keep your eyes, skin, teeth and bones healthy. Vitamin B is found in dark green leafy vegetables, whole grains and avocados. It converts food to energy. Vitamin C is found in oranges. It helps your body heal wounds and fight off illness. Vitamin D is found in milk. It helps keep your bones strong.

Let's do some research:

What foods have Vitamin E? \_\_\_\_\_

How does Vitamin E help to keep your body healthy and strong? \_\_\_\_\_

What other vitamins are essential to your health? \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

*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

## Endorphins

Physical activity can help produce more endorphins. Endorphins are neurotransmitters in your brain that help you feel good.

## Improve your mood.

Physical activity can help build your confidence, improve your mood, and help with mild depression and anxiety. Exercise can also help you sleep better.

The more you move, the better you feel. Did you know that physical activity helps with stress?

Regular exercise not only helps you stay fit and fight off disease, but it can help you perform better at school. It helps you develop mental clarity and feel less stressed.

## Meditation in motion

You'll be surprised how good you feel after a brisk game of soccer, going running or jumping rope. Physical activity can help you get your mind off of your worries and help you stay calm, clear and focused in your everyday tasks.



## Strength Building Exercises

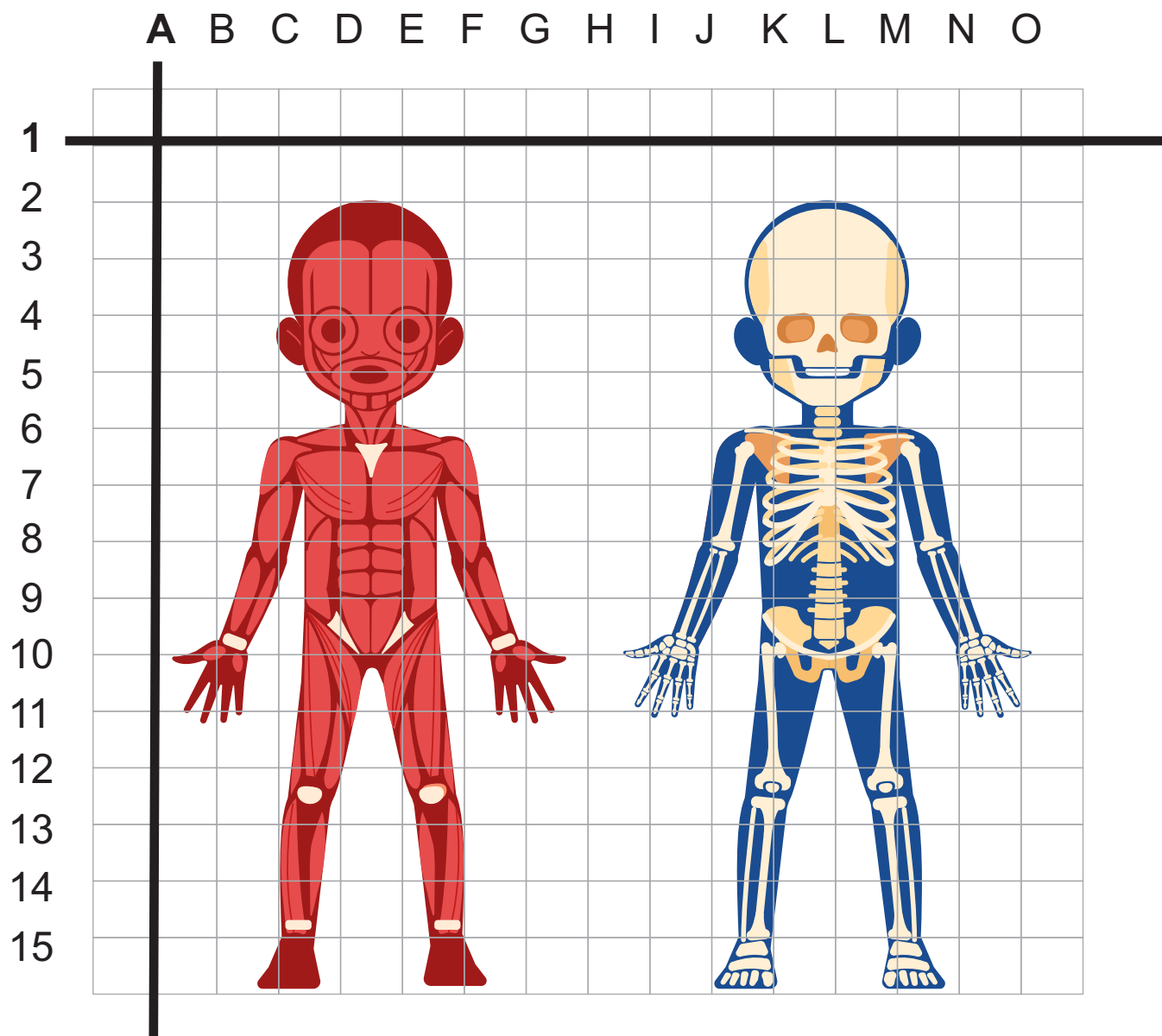
When you exercise, it is important to find activities that help build muscle and bone strength. Stronger muscles help to protect your body from injury and improve your coordination, balance and motor skills. Activities that force your muscles to do more than normal help build your muscles. Activities like push-ups and sit-ups are muscle building exercises.

Bone strength is also important. Activities that exert more force on your bones help to improve their strength. Activities like running and jumping rope are bone strengthening activities.

## SUGGESTED ACTIVITY:

1. Make a list of different muscle strengthening exercises vs. bone strengthening exercises. Describe why each exercise strengthens the muscles or bones.
2. Design an exercise routine that includes cardio, muscle strengthening and bone strengthening exercises.

# ACTIVITY:



Using the grid, where can each of the following be found and what exercise would help strengthen the muscle or bone (research your answers):

Biceps: \_\_\_\_\_

Gluteus Maximus: \_\_\_\_\_

Quadriceps: \_\_\_\_\_

Abs: \_\_\_\_\_

Pectorals: \_\_\_\_\_

Exercise: \_\_\_\_\_

Exercise: \_\_\_\_\_

Exercise: \_\_\_\_\_

Exercise: \_\_\_\_\_

Exercise: \_\_\_\_\_





# 3

# BE AWARE

The right choices count for a long and healthy life.

## Do you know what's in the food you are eating?

Sugar may taste good, but too much of it isn't healthy. Did you know that sugar has many different names? Names include high-fructose corn syrup, sucrose, lactose, maltose, dextrose, syrup, and cane juice, to name a few.

## Why is too much sugar an issue?

### Dental Cavities

Sugar intake causes cavities. Cavities happen when acid from within the mouth attacks the teeth causing holes or cavities to form. When sugar is consumed it interacts with bacteria on the teeth to produce acid. This acid causes tooth decay because it slowly dissolves the enamel creating holes or cavities in the teeth. Tooth decay can lead to tooth abscesses, which may result in the tooth having to be removed.



### Nutrition

If you eat foods high in sugar instead of more nutritious foods, your body does not get the vitamins, minerals and nutrients you need to sustain your growing body.

### Obesity

Too much sugar can result in a high calorie intake which can lead to weight gain. Weight gain can lead to obesity which can lead to chronic health conditions as you grow older. These conditions include high blood sugar, elevated cholesterol levels and type 2 diabetes.



## SUGGESTED ACTIVITY:

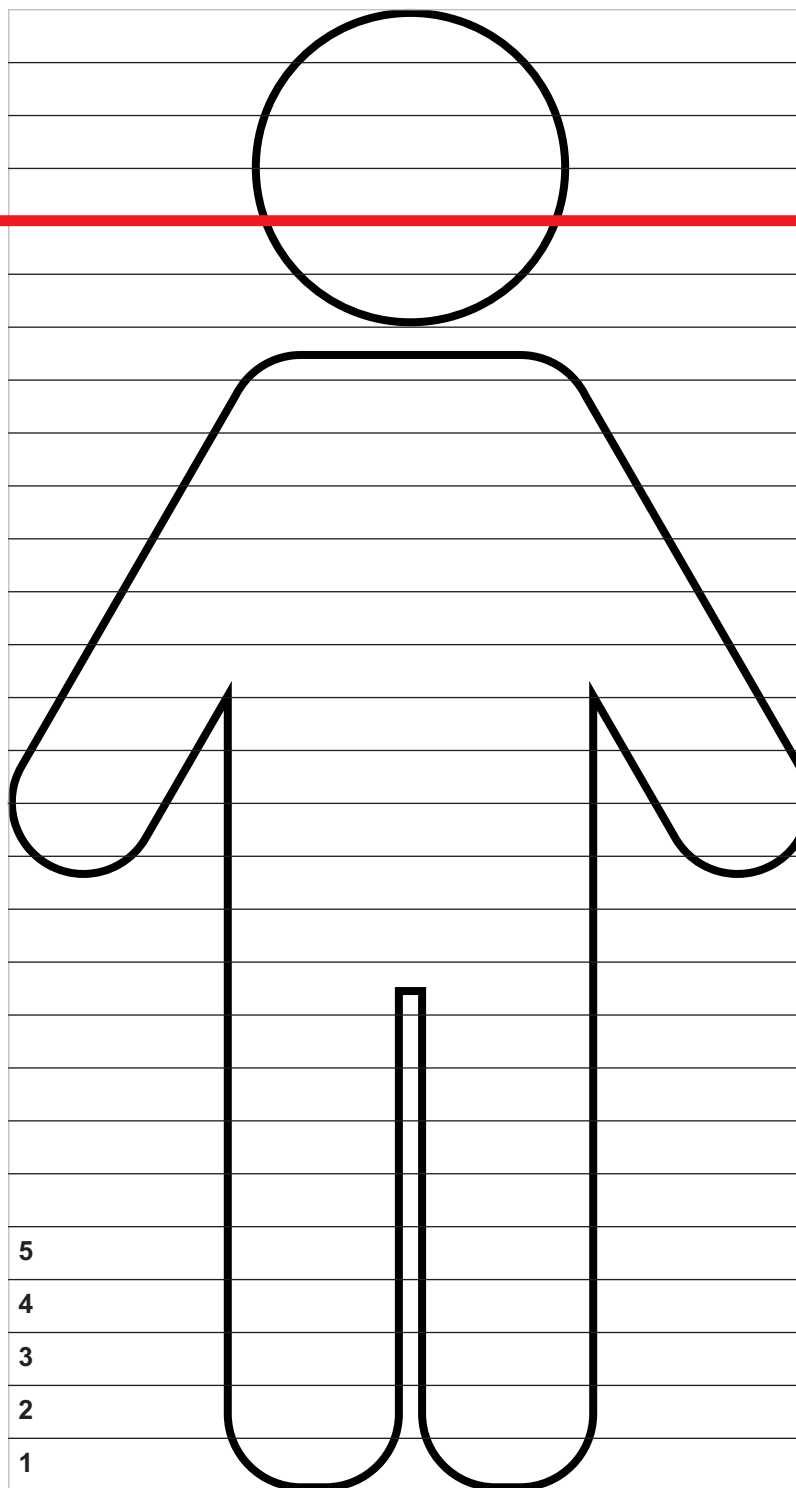
1. Review the nutrition labels on food items at your house. Determine which food items are better for you.



# ACTIVITY:

Children aged 7 to 10 should have no more than 24g of sugars a day. Read food labels and track your sugar for a day. Color a row for each gram of sugar you eat.

24 Grams



# STOP!

Please complete the survey at

<https://healthsandoval.com/grade-5-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. If you post or share harmful or mean information about another person through texts, social media, apps, gaming, etc. it is called cyberbullying. It can hurt the online reputations of everyone involved – not just the person being bullied, but those doing the bullying or participating in it.

Cyberbullying can have devastating effects on the person being bullied. It can have emotional effects on the victim. This can include feeling stressed, humiliated, isolated, angry and powerless. There are also mental health impacts. These include depression and anxiety, low self-esteem, academic issues and self-harm or suicidal thoughts. Sometimes, it can lead to use of alcohol and drugs, skipping school and bringing a weapon to school. It is important that you report cyberbullying immediately and never participate in behavior that is harmful and mean.

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 doing what is right even when those around you are making unwise choices. You make your own choices – so choose wisely.



## CYBERBULLYING

### SUGGESTED ACTIVITY:

1. Make a poster on bullying and hang it somewhere where your family or friends will see it.

## ACTIVITY:

Reflect on a time when you saw someone treating another person poorly. How did it make you feel? What did you do? What could you do to help in the future?

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

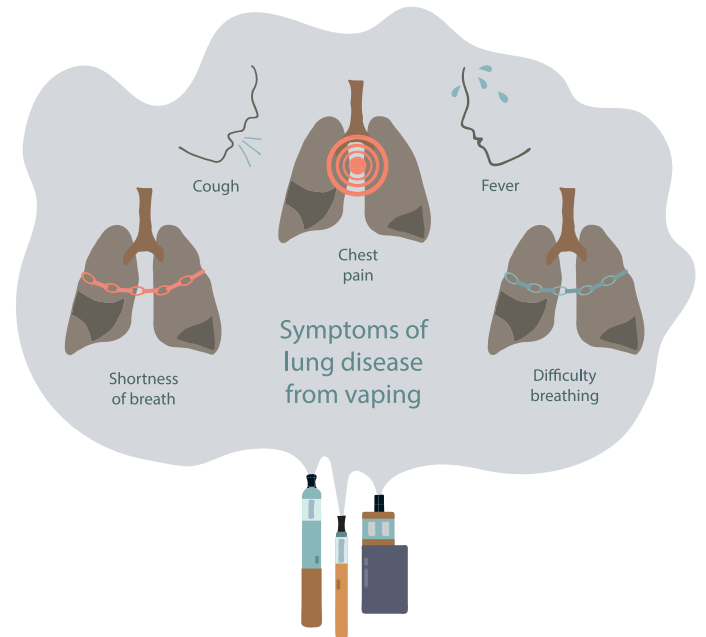
- Be a good digital citizen. Be kind when online. If you would not say it in person, do not say it online or in a text.
- Don't share pictures without checking with your parents.
- Just like people dress up to pretend to be someone or something they are not at Halloween, sometimes people pretend to be someone else when they are online or gaming. Someone might pretend to be a kid when they are really a grownup. 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.

## E-Cigarettes

Using an e-cigarette, also known as vaping, is dangerous. Most e-cigarettes contain nicotine, which is the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine can harm the parts of your brain that control attention, learning, mood, and impulse control. Other ingredients in the e-cigarette aerosol could also be harmful to the lungs in the long term.

Some kids use e-cigarettes because their friends do. Sometimes they are afraid to say no because they want to feel cool. If someone asks you to try an e-cigarette, here are some ways you can say no and stay safe:

- Say "No, thanks," or "Nah, that's not my thing."
- Make a joke or change the topic.
- Say you're supposed to be somewhere and walk away.
- Talk to a friend, parent, or trusted adult.



## SUGGESTED ACTIVITY:

1. Talk to a parent or guardian about what it means to be a good digital citizen.

# ACTIVITY:

## Be a Good Digital Citizen

We all want to live in a community where we feel safe, included, and appreciated. The digital world has a strong impact on how we feel about ourselves and our community. Each of us can do our part online to help create the digital world that is kind and safe.

Decode the messages below using the following code: The alphabet starting with Z as 1

1

24	19	22	24	16		4	18	7	19		20	6	26	9	23	18	26	13	

25	22	21	12	9	22		11	12	8	7	18	13	20						

11	18	24	7	6	9	22	8												

2

16	22	22	11		11	22	9	8	12	13	26	15							

18	13	21	12	9	14	26	7	18	12	13		11	9	18	5	26	7	22	

List ways that you and your classmates can make online experiences for everyone safer and kinder:

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# ⑥ KEEP IT CLEAN

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

As you get older, your body begins to develop body odor. It is important that you shower or bathe every day. In addition, you can use an antiperspirant that protects against sweat and odor. Antiperspirant is different from deodorant. Deodorant protects against bacteria and adds fragrance.

As your hormones change your skin can become oily and sweaty leading to acne. It's important to wash your face in the morning, evening and after sweating. Establishing good habits now can help you as you grow older.

It is important that you keep your clothes clean. Wear clean clothes every day even if your old clothes don't smell. It is especially important that you wear clean underwear every day.



## Keep it Clean Reminders

### 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, sneezing or coughing



## SUGGESTED ACTIVITY:

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



# ACTIVITY:

## Can you make your own shape poem?

Write a poem about washing your hands then turn it into a shape poem. You can trace the hand with your poem or write it inside of the hand. Here's some space to draft your poem:

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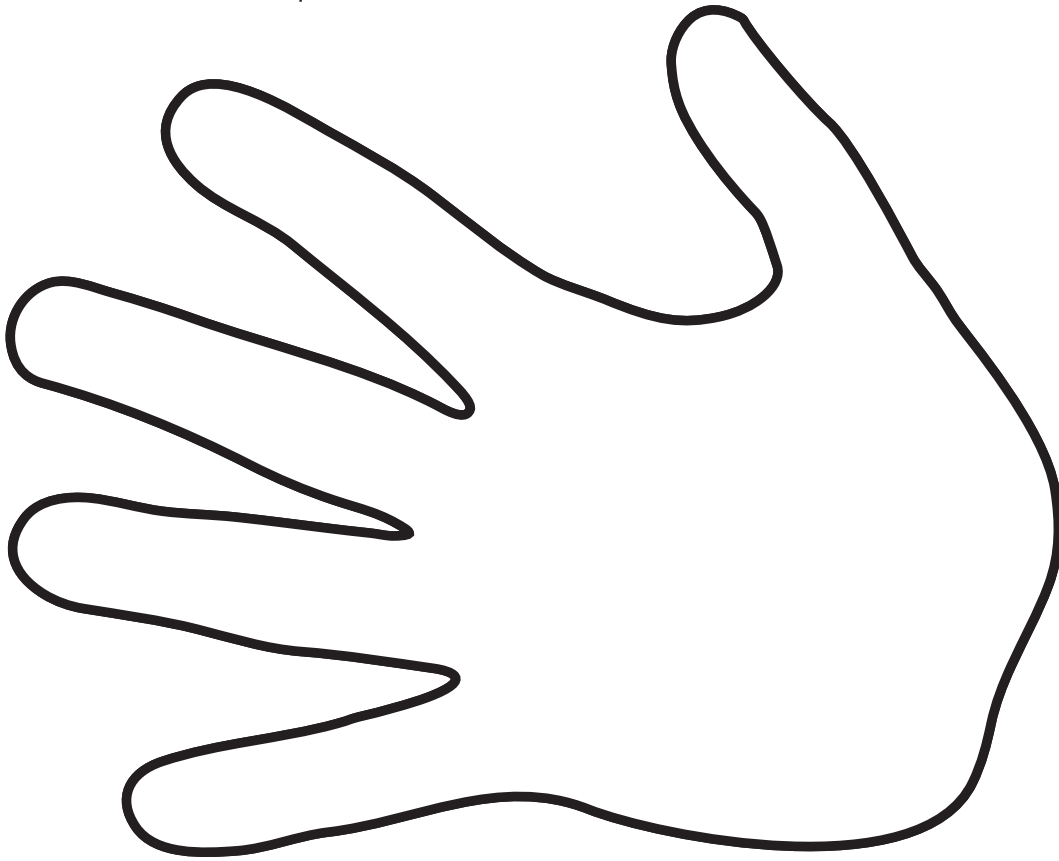
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First thing in the morning and at the end of day. Against decay and cavities you will win the fight. This will keep you happy and make you smile bright. • Brush your teeth, floss your teeth, and do it the right way.



# STOP!

Please complete the survey

<https://healthsandoval.com/grade-5-sections-4-6/>

# 7 STAY BALANCED

Have you ever felt sick to your stomach before taking a test? Does it feel like things are out of control sometimes? Have you had days when you feel like you can't get everything done like homework and chores? Have you been so worried about something that you ended up with a bad headache? What you are feeling in times like this is called stress.

Stress is how our brains and bodies respond to a challenge. Stress is a normal part of life for everyone. In stressful situations our heart and breathing gets faster, our muscles tense up, and our senses are more alert. This can be good when we are in a crisis or danger and need to act. Stress can even help us do better on tests or in a sports event.

Sometimes stress can be too much for us to handle or we don't get a break from the stress. When that happens, we use our coping skills. Coping skills are our efforts to regulate our emotions, thoughts, and behaviors to reduce our feelings of being overwhelmed by stress.

Some coping skills are healthy and some are unhealthy. Unhealthy coping such as using alcohol or drugs, fighting, withdrawing from others, unhealthy eating, or self harm can have long-term negative effects on our health and lives.

The good news is that we can learn and practice lots of different healthy coping skills. There are two types of coping skills: Emotion-focused skills and Problem-focused skills. Learning and practicing both of these types of skills will help us to become more healthy. Sometimes we can't change a situation but we can practice emotion-focused coping skills to reduce our stress. We can learn to grow stronger and learn new things in difficult situations. We can develop resilience--the ability to cope with, adapt to, and grow through challenges and stressful situations. Problem-focused coping skills involve thinking through a problem and making healthy and wise choices to act to change the situation.

**If you are struggling with finding ways to cope with stress, talk to an adult who you trust. This could be your parents, grandparents, a teacher, a counselor, etc.**

## SUGGESTED ACTIVITY:

1. Choose a healthy coping skill from the next page and give it a try.

# ACTIVITY:

There are many different kinds of healthy coping skills. Find some that work for you. Try new ones and practice them even when you don't feel stressed. Here are a few different ones to try:

- Exercise 30 minutes a day
- Learn to label and share about uncomfortable emotions
- Practice square breathing: Think of a square of time with 5 seconds on each side of the square. Breathe in for 5; hold your breath for 5; breathe out for 5; hold your breath for 5; then start over.
- Create artwork
- Read a book
- Do yoga
- Listen to relaxing music
- Practice positive self-talk
- Learn and practice Mindfulness

Next time you feel stressed, pick two different coping activities from the list above. Write your feelings on both activities below:

1	2
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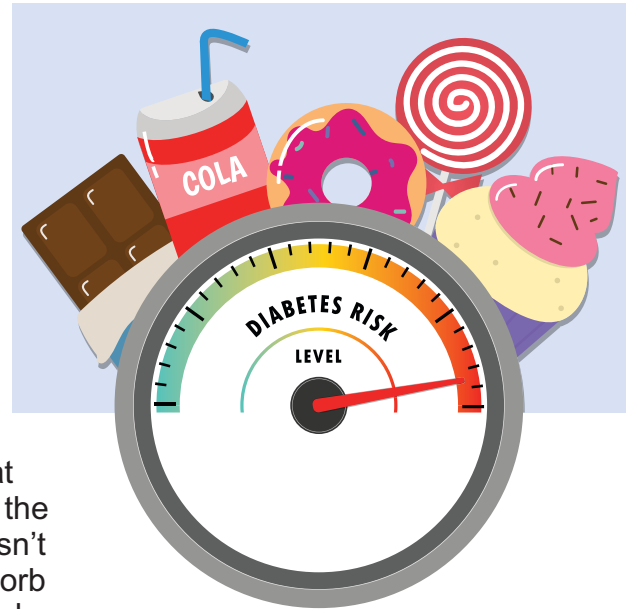


# 8 NAVIGATE IT

Many different things can cause disease or illness. For example, raw or undercooked meat and poultry can contain *Salmonella*, *Clostridium perfringens*, and other bacteria that leads to diarrhea, fever, and stomach cramps. Being aware of what can lead to disease and illness can help you prevent and minimize your risk.

## Diabetes

To understand diabetes, you need to understand glucose and insulin. Glucose is the main type of sugar in the blood and comes from the foods we eat. It helps to energize your body. Insulin is a hormone that helps your body absorb glucose. Diabetes affects how the body uses glucose. In people with diabetes, the body isn't using insulin as it should. When your body doesn't absorb glucose properly, it can cause a rise in blood sugar levels, which can make someone sick. There are two types of diabetes. Type 1 diabetes is genetic. Type 2 diabetes is mainly diet related and can be prevented. That means taking care of yourself by eating healthy foods, limiting your sugar intake and staying active.



## Heart Disease

Like diabetes, some heart disease can be prevented. Some heart disease occurs when your blood vessels cannot pump enough blood to the heart. This happens when vessels get clogged by fatty plaques. Staying healthy by eating the right foods, exercising often and getting enough rest all help to prevent heart disease.

## SUGGESTED ACTIVITY:

1. Select a disease, injury, or condition that you or someone you know has been affected by and research prevention and treatment methods. Design a way to raise community awareness about your selected disease, injury, or condition.

# ACTIVITY:

**Do you have a healthy heart? Let's learn to take your pulse.**

**Let's start by taking your resting heart rate.**

- Rest for 10 minutes
- Place your right index and middle finger on the thumb side of your wrist with your palm facing up
- Find your heart beat
- Count the number of beats for 15 seconds
- Multiply the number by 4. This is how many times the heart beats per minute. Your heart rate should be 60-100 beats per minute.

**Now let's try it after some exercise.**

- Do jumping jacks or run in place for one minute
- Take your pulse again
- Did your heart rate increase?

With exercise, the heart rate increases to supply the muscles with more oxygen to produce extra energy. Because of this, exercise helps to strengthen your heart.

**Do the math:**



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

# 9

# KNOW YOUR NUMBERS

Numbers can tell us many things about our health. Health professionals use numbers to check if we are sick, if we need medical help, or if we are healthy. Can you think of different ways that numbers are used in healthcare?

Fill in your health numbers:

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Heart rate: \_\_\_\_\_

Find a BMI calculator online and calculate your BMI (Body Mass Index) using your height and weight: \_\_\_\_\_

Other numbers are important to your health as well.

## Blood pressure

Our hearts pump blood throughout our body through the circulatory system which is made up of blood vessels. Blood pressure is a measure of how much pressure is on your blood vessels when blood is flowing through them. Just like how air puts pressure on a balloon when you blow it up. We want our blood vessels to be soft and flexible so they can move the blood throughout your body. A nurse takes our blood pressure number to determine if your blood vessels and heart are working well. When someone has hypertension (high blood pressure) it means that their blood vessels are stiff and not very flexible. This makes the heart have to work harder and can cause problems for our heart.

## Blood Sugar

Glucose (sugar) fuels your body. Our body needs glucose to function. But too much glucose can be damaging to our body. A simple drop of blood can be tested to see if there is too much sugar. This blood sugar number tells a doctor if there may be a problem such as Diabetes.

## SUGGESTED ACTIVITY:

1. Fill in your health numbers above.



# ACTIVITY:

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.

## Know Your Numbers

Bus Number: \_\_\_\_\_

### **Phone Numbers:**

911 Emergency Contact

Non-Emergency Number: \_\_\_\_\_

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-5-sections-7-9/>

# 10 KEEP GROWING

*Be a Health Ambassador*  
**For your family!**



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. Learning new things helps to keep our brain healthy. Even adults or your elders can be learning new things. By sharing what you are learning about being healthy, you are helping your family, friends, and community. 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.

SANDOVAL  
**HEALTH**  
COLLABORATIVE  
*health happens here*



## 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:

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