



Vivir una vida saludable



Health is vital for physical growth and intellectual development. We will spend the month of February learning how to live a healthy life style. The students will explore various food groups and learn about which foods help us to grow strong. They will also explore the importance of exercise and how doctors keep us well. In addition, the students will explore the human body and how it functions to keep us alive.

Pregunta

How can we as nutritionists, advise our families how to develop a healthier life style?

¿Cómo podemos nosotros, nutricionistas, guiar a nuestras familias en como tener un estilo de vida más sano?

Objetivos

- Identify fundamental practices for good health
- Identify how people help to keep us safe and healthy
- Locate and learn about body parts and their functions
- Investigate practices that support body development and function
- Learn about medications and vitamins that keep us healthy
- Identify and follow basic safety rules
- Discuss consequences of unsafe behaviors
- Name foods that keep us healthy
- Classify and categorize food by their food group
- Demonstrate coordination of body movements in active play
- Practice moving and stopping with control
- Use hands, fingers and wrists to manipulate objects
- Demonstrate fine motor strength and coordination
- Investigate how physical activity benefits our health

Vocabulario

Ojos- eyes
Orejas- ears
Boca- mouth
Dientes- teeth
Nariz- nose
Mano- hand
Pie- foot
Brazo- arm
Pierna- leg
Rodilla- knee
Dedo- toe
Cuerpo- body
Cabeza- head
Hombros- shoulders

Salud- health
Ejercicio- exercise
Corazón- heart
Temperatura- temperature
Termómetro-
thermometer
Vitamina- vitamin
Medicina- medicine
Médico- doctor
Vegetales- vegetables
Fruta- fruit
Carne- meat
Pescado- fish
Dulces- candy

Comida- food
Leche- milk
Cansado- tired
Hacer ejercicio- to
exercise
Estirar- to stretch
Saltar- to jump
Bailar- to dance
Comer- to eat
Practicar- to practice
Dormir- to sleep



