

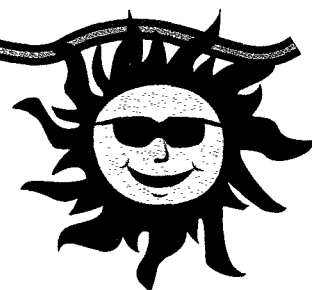
# Bienestar Health Program

3rd Grade Health Curriculum  
Student Workbook



## Healthy Heroes

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	Eating healthy, exercising everyday and staying at a healthy weight are daily activities on the path to good health and diabetes prevention.	

# The Attack of the Monster Diabetes

## Directions:

In each sentence, circle the answer you think will increase Angie's chance of getting diabetes.



1. Angie weighs

A. too much.

B. not enough.



2. Angie eats a lot of

A. fatty food.

B. fruit.



3. Angie has a \_\_\_\_\_  
who has diabetes.

A. friend

B. mother



4. Angie exercises

A. 4-5 days a week.

B. very little.



5. Angie eats too many

A. sweets.

B. vegetables.



6. Angie \_\_\_\_\_  
food high in fiber.

A. eats

B. does not eat

