

Mini Lessons

SCOPE OF MATERIALS

Mini Lessons are designed to be used with teens, out-of-school youth, and adults. Mini Lessons consist of **bilingual** instructional packets that include teaching plans, an introductory lesson, guided practice, useful vocabulary, practice dialogues, and pre/post-tests. The Mini Lesson **non-sequential** format lends itself to the limited time and intermittent attendance of students. The materials developed by the National Center for Farmworker Health, Inc., in collaborative partnership with the Geneseo Migrant Center through funding from the Strategies, Opportunities, and Services to Out-of-School Youth (SOSOSY) Migrant Education Program Consortium Incentive Grant, are available for free download, along with other useful resources, on the www.migrant.net website in the publications section.

TOPICAL AREAS & LESSONS

For Your Health/Para Tu Salud lessons are intended/designed/provided to increase the health knowledge of migrant farmworkers through information about prevalent health concerns.

- A Visit to the Doctor / Una Visita al Doctor
- Wash Your Hands and Get Rid of Germs / Lave las Manos y Elimine los Gérmenes
- A Healthy Mouth / Una Boca Saludable
- Nicotine and Your Health / La Nicotina y tu Salud
- Let's Learn about HIV/AIDS / Aprendamos Sobre el VIH/SIDA
- What is an STD / ¿Qué es una ETS?
- Can I Get Sick from the Heat? / ¿Me Puedo Enfermar por el Calor?
- The Basics of Birth Control Methods / Lo Básico de los Métodos Anticonceptivos
- Protect Your Back While Working / Protege tu Espalda Mientras Trabajas
- What You Need to Know About Pesticides / Lo Que Necesitas Saber de los Pesticidas
- What Do I Do if I Get an Insect Bite? / ¿Qué Hago si me Pica un Insecto?

Legal Rights/Derechos Legales lessons are intended/designed/provided to increase the knowledge of migrant farmworkers regarding basic legal rights in the United States.

- Field-Worker Rights / Los Derechos de los Trabajadores de Campo
- My Basic Rights / Mis Derechos Básicos
- Right to be Paid / El Derecho a Ser Pagado
- Housing Rights / Derechos de Vivienda

Parenting/Ser Padres lessons are intended/designed/provided to increase the knowledge regarding the responsibilities of starting and nurturing a family.

- Traveling by Car with Your Baby / Viajando en Auto Con tu Bebé
- Taking Care of Yourself During Pregnancy / Cómo Cuidarte Durante el Embarazo
- Labor and Delivery: My Baby is Almost Here! / Trabajo de Parto y Parto: ¡Mi Bebé Nacerá Pronto!

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A Healthy House/Un Hogar Sano lessons are intended/designed/provided to increase the awareness and knowledge of how to maintain a clean and safe household.

- Keeping Your Home Clean / Manteniendo tu Hogar Limpio
- You Can Prevent Food Poisoning / ¡Puedes Evitar la Intoxicación Causada por Alimentos!
- Keeping Your Home Safe: Electrical Safety / Mantiendo tu Hogar Seguro: Seguridad en el Empleo de la Electricidad
- Insect and Rodent Control: Keeping Them Out / Control de Insectos y Roedores: Cómo Mantenerlos Fuera
- The Refrigerator and Your Health / El Refrigerador y tu Salud
- Storing Your Medicines Safely / Guardando tus Medicinas de Manera Segura