



Health Specialist



1. Memorize I Corinthians 6:19, 20.
2. Describe a healthy diet. List the basic food groups and plan a meal that includes all the food groups.
3. Explain why your body needs exercise.
4. Record the hours you sleep and tell why you need rest.
5. Explain why you need fresh air and sunlight.
6. Explain why water is important for your body. List the number of glasses of water you should drink each day.
7. Describe and illustrate good dental hygiene.
8. Name three things that may harm your health. Record how you improve over time.
9. Participate in an exercise program.

Helps

1. Talk together as a group or family about the principles of the text.
2. Have a tasting party that includes different healthy foods. Blindfold the children and have them guess what food they are smelling, then enjoy tasting it, OR cut out pictures of food, arrange them on paper plates, and discuss what makes a balanced meal. Visit choosemyplate.gov.
3. Exercise keeps muscles strong, strengthens your heart, improves your lung capacity, and makes you look and feel better. Do several exercises for fun and health. "Tortoise and Hare" is a running-in-place exercise. First you "run" 50 steps slowly as a tortoise, then 50 steps fast as the hare would run. Repeat three times. Have a wheelbarrow race in which one child holds the ankles of another child. They both walk forward, one on hands, the other on feet. Then they change places.
4. When you sleep your muscles and your whole body relax, and your heart and breathing slow. Your body uses this time to recover and repair itself.
5. Without fresh air you cannot live. Breathe deeply and enjoy! Sunlight contains vitamin D, which helps to form strong bones. Sunlight is a disinfectant. Exercise in the sunlight as in "Russian Hop." Get into a squatting position with your arms folded across your chest. Hop up and forward with both your feet. At the end of each hop, you are back in the starting position. Hop around in a circle.
6. We lose water when we breathe, sweat, or urinate, and it must be replaced. Your body is about two-thirds or 65 percent water. We must drink two and one-half quarts of water daily to remain healthy. Many foods have water; lettuce is nine-tenths water.
7. Your family dentist has educational materials that are available for children.
8. Search the Internet or your public library for a video that will make this a fun learning experience.