

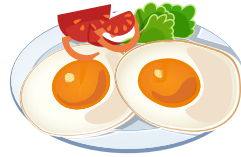
Health Specialist e-Award *with Shelley*



1. Memorise and repeat 1 Corinthians 6:19, 20.

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

2. Cut pictures of healthy food items and glue them onto a paper plate.
Make a healthy snack together.



Cross out the diets that will hurt you.

TAKE A PICTURE OF YOUR
THREE HEALTHY MEALS AND
GLUE/INSERT IT HERE

3. Explain why your body needs exercise.

Your body needs exercise to keep muscles strong, strengthen your heart, improve your lung capacity and make you look and feel better.



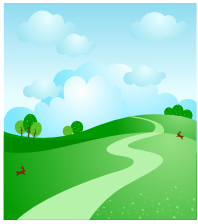
4. Tell why you need rest.

We need rest or sleep to allow our muscles, nerves, bones and connective tissues to _____

DRAW A PICTURE OF YOU SLEEPING
AND GLUE/INSERT IT HERE



5. Explain why you need fresh air and sunlight.



Without fresh air, we cannot live. Breathe deeply and enjoy, fresh air makes you happy. Fresh air makes your lungs healthy. Sunlight contains vitamin D, which helps to form strong bones. Sunlight is a disinfectant it kills germs and makes your immunity strong. Let's exercise in the sunlight. Pause the video and go for a walk around your block. Do you have a Where's Wally or Teddy bear hunt in your area?



6. Explain why water is important for your body. Tell the number of glasses of water you should drink each day.

What does water carry to your brain? _____

Water also carries nutrients in your body and regulates your temperature.

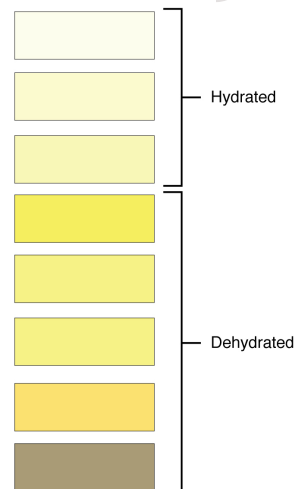
How much of our body contains water? _____

It is important to drink water to flush your organs - your brain, heart, lungs and kidneys.

If you don't drink enough water then your organs struggle and you will feel sick.

How many glasses of water you should drink is based on your weight and what food you eat because lots of food has water in it. Did you know that lettuce is 90% water!

So when you go to the toilet check and work out if you are having enough water, then write down how many glasses you had in your record Journal.



7. Describe and practice good dental hygiene.

We need to floss and brush our teeth, flossing gets the food from between our teeth. Use a small head toothbrush to clean your teeth and brush your teeth in small, gentle circles. We need to make sure our circles go around our gums as well. It's very important to brush all the surfaces of our teeth and our tongue as well.



Circle the correct answer

How often should we brush our teeth each day?

1 2 3 4 5

How long should you brush your teeth for?

1 minute 2 minutes 3 minutes 4 minutes

How many surfaces of our teeth do we need to clean?

1 2 3 4 5

How often should we get a new toothbrush? Every

1 month 2 months 3 months

8. Name three things that might destroy your health.

1. Not exercising

2. Smoking

Can you think of a third thing?

Keep a Journal (see page 3) for one week and record:

1. how many hours you slept
2. how much exercise and fresh air you got
3. how much water you drank
4. how many times you brushed your teeth



My Journal



SLEEP



EXERCISE



WATER



TEETH

SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

TAKE A PICTURE OF YOU
WATCHING THE E-AWARD AND
GLUE/INSERT IT HERE

