

# Health Specialist

1. Memorize I Corinthians 6:19,20.
2. Describe a proper diet, and list the basic 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.
9. Participate in a recognized fitness test:
  - a. President's Challenge
  - b. An equivalent program



**Grade |**



**Requirement**

*Updated in 1996.*

## Helps

1. Talk together as a group or family about the principles of the text.
2. Have a tasting party that includes foods from the four main food groups. Blindfold the children and have them guess what food they are smelling, then enjoy tasting them. OR cut out pictures of food, arrange them on paper plates and discuss what makes a balanced meal. (see Cooking Fun)
3. Exercise keeps muscles strong, strengthens your heart, improves your lung capacity, 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 wheel-

barrow race in which one child holds the ankles of the first 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 the "Russian Hop." Get into a squat 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. Contact your family doctor, county health department or public library for a video that will make this a fun learning experience.
9. Complete the President's Challenge test or the Canadian Fitness test. Set goals and practice so you may improve. (See Appendix)