



I Can Care for My Body




Health Specialist Award



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:

I sleep _____ hours every night.

- 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.