

Busy Bee - Myself - I Can Care for My Body

Requirement

Earn the Health Specialist Adventurer Award.

1. Learn and repeat 1 Corinthians 6: 19, 20.
2. Cut out pictures and make a poster to show three healthy meals you could eat.
3. Explain why your body needs exercise.
4. For one week, record the hours you sleep. Tell why you need rest.
5. Explain why you need fresh air and sunlight.
6. Explain why water is important for your body. Tell the number of glasses of water you should drink each day.
7. Describe and practice good dental hygiene.
8. Name three things that might destroy your health.

Goal of this track

To empower the children to be happy and productive members of the families God gave them.

Concept Included in This Component

Uniqueness of families, family changes, roles and responsibilities.

Objective of this component

Upon completion of the Adventurer requirements the children will:

- Know: To empower the children to be happy and productive members of the families God gave them,
- Feel: appreciative of their own families and comfortable with their role in them, and
- Respond: by responsibly performing their own role in the family.

Award HELPS

1. Talk together as a group or family about the principles of the text.
2. Have a tasting party of healthy foods. Blindfold the Adventurers and have them guess what food they smell, then taste the food. OR have the Adventurers cut pictures of food from old magazines, arrange them on a poster or paper plate and discuss what makes a healthy meal.
3. Your body needs exercise to keep muscles strong, strengthen your heart, improve your lung capacity, make you look and feel better. Do several exercises for fun and health. "Tortoise and Hare" is a running-in-place exercise. First you "run" 20 steps slowly as a tortoise, then 20 steps faster as the hare would run. Repeat three times. Have a wheelbarrow 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 whole body relaxes, including your muscles, heart and breathing. Your body uses this time to recover and repair itself.
5. Without fresh air we cannot live. Breathe deeply and enjoy. Sunlight contains vitamin D, which helps to form strong bones. Sunlight is a disinfectant. Exercise in the sunlight by doing the "Russian Hop." Get into a squat position with your arms folded across your chest. Hop up and forward with your feet. Hop around in a circle. At the end of

- each hop, you are back in the starting position.
6. We lose water when we breathe, sweat or urinate, and it must be replaced. Your body is about two-thirds or 65% water. Drink eight glasses of water daily to remain healthy. Many foods have water; lettuce is nine-tenths water.
 7. A dentist has educational materials that explain dental hygiene to children.
 8. Contact your family doctor, local health department or public library for a video or film that will make this a real learning experience. Many things could destroy your health - lack of sleep, poor eating habits, little or no exercise, drinking alcohol, drug abuse etc.

Norm's Notes

As the requirements of this award are completed, focus continually on the point that this is how each individual cares for their own body. Failure to follow these good health habits is failure to properly care for our bodies.

Notes on the Requirements

- 1 Note that learning this text is pointless unless it is understood. Note that the helps in the second part of the award suggests a discussion of the principles of the text.
- 2 See the suggestion in the helps section of this award of a "tasting party"
- 3 Exercise is another way to "care for my body".
- 4 Sleep is a necessity to good health and good body care.
- 5 When talking of fresh air and sunshine, remind the children that these are given to us by God to help us to care for our bodies.
- 6 See the help on this requirement. Actually we get some of our eight glasses in our food and other drinks than plain water, but water is the best.
- 7 It has recently been stated in Sydney that lack of dental hygiene is ruining the health of people in this state.
- 8 Caring for our bodies means we must avoid these things

The material here is taken from pages 14, 22 and 50 of the printed manual.