



Award - Health Specialist

These notes were provided by Margaret Tay of North New Zealand Conference in August 2005. The work sheets & pictures came from Margaret Tay and also Julie Rainey of the West Australian Conference in June 2004.

Personal note

The suggestions below are very good, I have added to them references to the pictures and work sheets. I am not happy with a lot of worksheets for children of this age, especially for those whose reading &/or writing is still poor. It is far better to discuss and involve each child than to have them sitting writing. Thus while I provide work sheets, those that are for home records I would encourage, but ones for class work I would suggest that they are used sparingly.

In order to reduce the size of the files, this has been broken into three sections. The forms to fill in, some teaching pages and some pictures are in the second section, and worksheets and frames are in the third.

The Requirements are numbered (see the manual for the details), here are some helpful comments.

- 1 Discuss what the verse means. Help children learn it phrase by phrase. Use a translation that suits your family/child.
- 2 Have magazines available with food pictures that children can cut out and make up three healthy meals. Make a breakfast, lunch and evening meal. Note that the old work book has slightly different requirements to the manual in this one.
- 3 Brainstorm with the children to get their ideas, but guide them so that the following items are covered in their word:

to become strong	to keep the muscle tone good (keep muscles healthy)
to keep body in shape	to keep strong bones
to sleep better	to feel better
to feel happier	it is good for the heart and lungs
it keeps a person fit.	
- 4 Again brainstorm with the children.

it keeps you healthy	it keeps your brain bright
it gives your body needed rest	your body repairs itself during sleep
it gets us well when we are sick	you can work better when you have enough
you get tired and grumpy is tired	

Plenty of Sleep

Not enough sleep

happy	grumpy - moody
brainy	angry and tired
grow well	become lazy and drop off to sleep at wrong time
think better, more energy	make mistakes

There is a work sheet for this, but better to talk it through than have the children writing.

5 Brainstorm again.

Fresh air - keeps us alive, helps us breathe, gives us more energy

Sunshine - keeps us healthy and warm. Helps food to grow. Produces vitamin D in our bodies

6 Why water is important for our body -

It keeps us clean in and out. Stops us getting dehydrated (dried up). Washes away germs and keeps the skin moist. Internal water keeps the blood and kidneys healthy, thus promoting health. It also helps to remove waste from body.

A work sheet is provided lower down that the children can use to record their drinking habits, and there is a page which could be used as a teaching tool.

7 Points on caring for teeth:

Brush 3 times a day, Brush for 2 minutes each time (practice using a finger or tooth brush to see how much can be done in 2 minutes and how long it is.

Visit dentist or dental nurse.

Use dental floss.

Don't eat junk food, but eat healthy food, drink water (not too much juice.

Don't eat too much sweet food or lollies.

Some pictures are provided that can be used for this requirement.

8 Think about things that are good for health then think of the opposites that destroy health.

Not enough sleep, unhealthy food, poor eating habits, too much salt and sugar, over eating, not drinking enough water, too little exercise, and the really baddies like drugs, alcohol and smoking.

Things We Need to Live a Healthy Life

Godly trust

Nutrition

Open air

Exercise

Nutrition

Water

Ample water

Sunshine

Temperance

Temperance

Unselfish love

Air

Regular exercise

Rest

Adequate rest

Trust God

Lots of sunshine