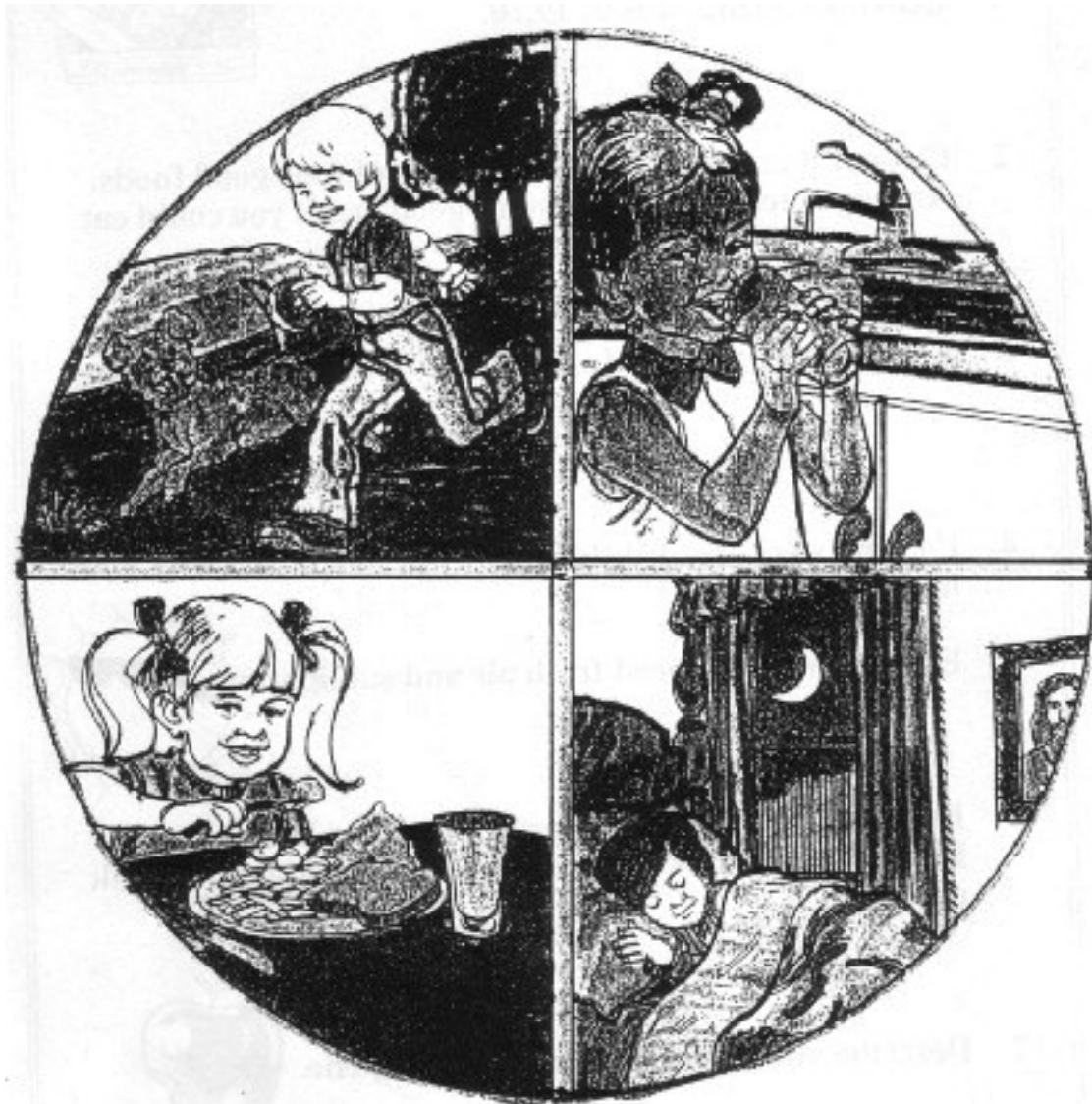




Award - Health Specialist

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.

This is the second section with a teaching page, some forms to take home and some pictures.



Colour a glass each time you have a drink. Use a different colour if the drink is water.
At the right list the number of hours you slept that night.

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



How Long I sleep

enter times	Time I went to bed	Time I got up	How many hours I slept
Sunday	.	.	.
Monday	.	.	.
Tuesday	.	.	.
Wednesday	.	.	.
Thursday	.	.	.
Friday	.	.	.
Saturday	.	.	.

How Often I Clean my Teeth

tick when done	Morning	Evening
Sunday	.	.
Monday	.	.
Tuesday	.	.
Wednesday	.	.
Thursday	.	.
Friday	.	.
Saturday	.	.

How Much Water I Drink

one tick for each glass	Before school	At School	After School
Sunday	.	.	.
Monday	.	.	.
Tuesday	.	.	.
Wednesday	.	.	.
Thursday	.	.	.
Friday	.	.	.
Saturday	.	.	.

Your Body Needs

Water, water, water, water
water everywhere!
Water in the ocean,
water in the air.
Water in the tub,
in the shower, in the sink.
Water to take a bath and
water to take a drink.
Water in your body,
in your blood and in your cells.
Water, water, water
keeps you clean and keeps you well!

One of the most important things the body needs everyday is WATER. A person's body weight is about 60-70% water.

The way we keep enough water inside us is by eating food (which contains water) and drinking liquids.

How many glasses of water should you drink each day?



Talk about teeth

Here are some foods.

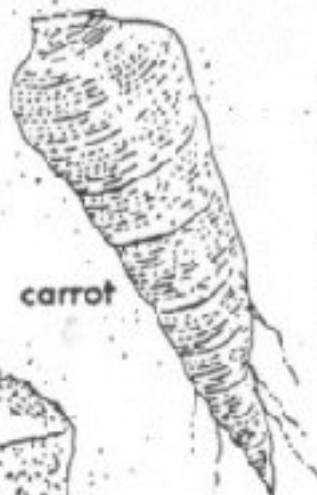
- ✦ Which ones will harm your teeth?
- ✦ Which ones are not bad for teeth?



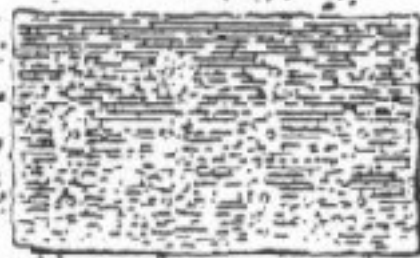
tomato



diet cola



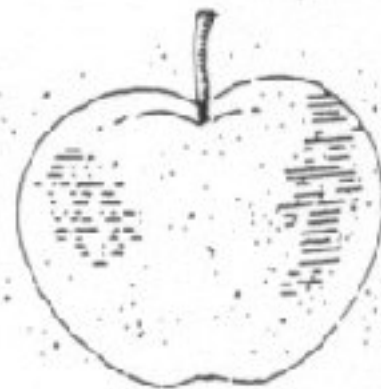
carrot



wholemeal crispbread



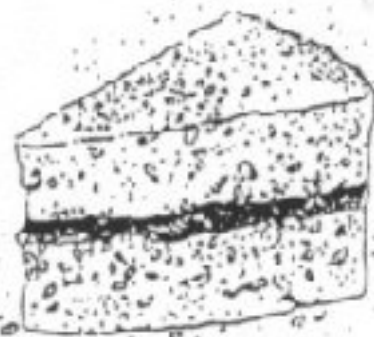
crisps



apple



milk



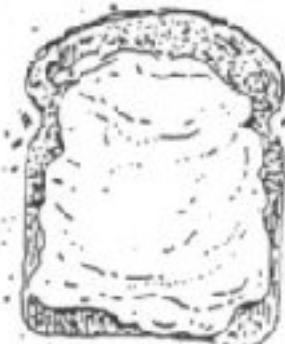
jam sponge



jam



water



buttered toast



toffee



ice cream

- ✦ Cut out each food and stick it on to one of the teeth on the teeth outlines sheet.
- ✦ Talk with your teacher about why you have sorted them in this way.

A picture to emphasise healthy exercise



A picture for sunshine, and outdoor activity



