



Busy Bees



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