

GOD IS

PURE AND HOLY

**Fitness and food
choices**

Term 2

Year 5

Eric Liddell

Biography

Eric Henry Liddell was born in 1902 in China. His parents were missionaries there. He spent his early childhood playing among the Chinese children. He spoke their language perfectly. His parents brought Eric Liddell home to England for his high school and university education. During that time, he enjoyed running and was a very fast runner.

He trained for the 1924 Olympic Games and was chosen to represent England. He was scheduled to run in the 100-meter, but the race was going to take place on a Sunday. Eric knew the Ten Commandments and wanted to keep Sunday as a day of worship. He decided not to run.

However, God honoured this decision and he was given the opportunity to run in 400-meter instead. He ran this in record time and won a gold medal. After the Olympic games, he married and believed God that he was to return to China. It was a dangerous time because the Japanese soldiers had invaded China and were treating the Chinese people badly. They killed many of them, burned their villages, and destroyed their crops. Despite these difficulties, Eric stayed. He was sure God had called him to China.

He began teaching at a British-run Chinese college. He loved teaching the boys and challenging them in sports. However, life in China was becoming more difficult. The mission board decided to relocate Eric to the area he had grown up in.

Eric worked long hours travelling in the war-torn area preaching and tending the sick. Many times, he had to carry the injured to the hospital on his bike over rough roads while dodging gunfire. In the meantime, the Japanese were taking over more of the country and there was talk that all foreigners would be locked up.

All foreigners were forced to move into an overcrowded prison camp. They lived in very bad conditions. There was no running water, the bathrooms did not work and they were given only a small bowl of soup and bread at each meal. Eric ran church services in the prison, schooled the children and helped take care of the sick. He became the most respected person in the prison because of his good attitude.

He was in the camp for 2 years when he became very sick. He had a stroke and was unable to walk. He died in the Chinese prison camp in 1945, age 43. When the news reached Scotland, the entire country mourned Eric Liddell's death as their beloved athlete had died at a young age. Eric's devotion to God and commitment to spread the story of Jesus would be remembered around the world.

Questions:

1. Why did Eric Liddell give up running?
2. How did he first help the Chinese people?
3. What kind of difficulties did Eric find in China?
4. What were the conditions like in the prison camp?
5. What was Eric able to accomplish while he was living in the prison camp?

Thinking Skills

Year 5 Pure-Holy

<p>Fitness 1</p> <p>. Make 2 lists under 2 headings:</p> <ul style="list-style-type: none">• Games that are dangerous• Games that are not dangerous	<p>Fitness 2</p> <p>Create a word pattern using names of sports. The next word must begin with the last letter of the previous word, e.g. fishing</p> <p>o l f.....</p>
<p>Fitness 3</p> <p>Invent a game that uses a bucket, a ball and a piece of rope.</p>	<p>Fitness 4</p> <p>The handle of your tennis racquet has broken. Work out a way to fix it, so that it is still effective. Show the steps of how you would fix it in a series of drawings with labels..</p>
<p>Fitness 5</p> <p>Think of 3 uses for a rugby ball, apart from using it to play rugby.</p>	<p>Fitness 6</p> <p>You are going to set up an obstacle course for a physical education exercise. Draw a map of the course. Draw and label the different activities.</p>

Fitness & food choices 1

Choosing healthy foods

Draw a healthy breakfast.

Try to choose foods other than packaged cereals. Here are some foods you might choose:

- fresh fruit
- porridge
- milk,
- yoghurt
- egg



Now draw a healthy school lunch.

Try to include:

- vegetables
- fruit



Draw a healthy home-cooked main meal:

Here are some foods you might choose:

- potatoes or yams
- rice
- fish
- meat
- cooked vegetables
- raw salad vegetables
- lentils (dahl)
- cooked dried beans (legumes)



Fitness & food choices 2

Can you help?

Here is a list of food that a boy eats in one day. Make a new list for him, giving some suggestions for improving his diet. Also think about how much water he should be drinking.

Breakfast

- 1 glass of chocolate milk
- 2 slices of white toast with jam

Mid-morning

- 2 sweet biscuits
- 1 fruit juice in a packet

Lunch

- sandwiches made with white bread
- 2 sweet biscuits

After school

- Fizzy drink
- 1 packet potato crisps

Evening meal

- 1 pizza from the shop
- 1 serving of hot chips
- 1 corn on the cob
- 1 piece of cake



Fitness & food Choices 3

8 rules for fitness: NEW START

Nutrients: Choose foods that as close to nature as possible.

Exercise: Exercise is good for our heart. Fast activity gets the heart pump rapidly and gets blood flowing around our body faster. Exercise is also good for building muscles and strengthening our bones.

Water:

Drink 6 glasses per day. Drink less fruit juice and keep fizzy drinks for only very special occasions.

Sunlight:

We need sunlight for vitamin D, which makes our bones grow strong.

Toxin-free:

Choose foods and drinks that contain no artificial chemicals like colours, flavours or preservatives. Another good rule for "T" is *traditional diet*.

Air: Play outdoors and get plenty of fresh air.

Rest: Go to bed early. Don't stay up late. The body needs sleep for growth and good health.

Think happy thoughts and trust in God. Bad thoughts, like anger, hatred and unforgiveness will make us feel unhappy and stressed.

Make a poster showing the 8 rules for healthy living



Fitness & food choices 4

NEW START QUIZ

1. Name a healthy energy food.
2. Name a healthy food for building muscles.
3. Why do we need to eat a variety of fruit and vegetables?
4. Why do we need to exercise?
5. Name three exercise activities.
6. How many glasses of water should you drink per day?
7. Why is water the best drink?
8. Why do we need sunlight?
9. Name two foods that could contain artificial colourings or flavourings.
10. Name two foods that contain no artificial food additives.
11. Why do we need fresh air?
12. Name two ways to provide the body with fresh air.
13. Why should we avoid staying up late?
14. What does sleep do for the body?
15. Why should we think happy thoughts?



Fitness & food choices 5

Fats

There are good fats and bad fats

Good fats

The best fats are straight from nature. We get good fat from butter, fish, meat, nuts and coconuts.



Bad fats

The bad fats are the ones that have been processed in a factory.

These are:

Margarine

Cooking oil in plastic bottles

Margarine and cooking oil from plastic bottles can create toxins in our bodies. Toxins are poisonous substances. Now you may be thinking that these toxins would make you sick. Actually, they don't make you feel sick. The amount of toxins you take into your body with bad fats in one meal might be very small, and your body doesn't notice it straight away. However, after a long time, the toxins build up, and can cause health problems.

Where do we find them?

- In the supermarket: margarine and bottled cooking oil
- In processed foods such as chips, crisps and pastries

List some good fats.

List some bad fats.

Choose the healthy foods

Write down the foods that contain **no** refined salt, no processed sugar, and **no** bad vegetable oils.

sausages apples bananas dried beans home-cooked-meat potato
crisps

hamburgers carrots coconuts pumpkin potato rice margarine

tinned soup biscuits ice-cream cheese home-cooked-fish avocado

Packaged breakfast cereals

Packaged breakfast cereals contain added sugar and salt. It tells you this on the packet.

Traditional foods are much better than packaged cereals and bread. For example, eggs, fish, rice, vegetables, dhal.

If the cereal contains:

Write a list of healthy foods that your family could eat for breakfast.

Fitness & food choices 6

White table salt

White table salt, used in most foods that we buy, is called refined salt, and contains no goodness. That's because it has been processed in a factory. It actually contains chemicals that are not good for our bodies. It is important not to eat too much salty food.

Where do we find white table salt?

Apart from on the table, we find it in packaged food like potato crisps, most breakfast cereal, tinned foods, cracker biscuits, bought bread, tomato sauce, hamburgers, sausages, hot dogs and many other foods.

What can I eat instead?

Make your own healthy snacks. If you make your own food, then you can use less salt.

1. Name some processed foods that contain lots of salt.
2. List some healthy snack foods that you could make or buy.

Sugar

Sugar comes from sugar cane. If we could cut the sugar cane and such the sugar from the cane we would be getting some healthy nutrients.

But the sugar we buy from the supermarket has been processed. This type of sugar is called refined sugar, unlike the sugar you would find naturally in a piece of fruit. Refined sugar is made out of the liquid cane sugar. It has been heated and cooled until crystals are formed. These sugar crystals now have no nutrients. Sugar also causes tooth decay.

Our bodies have to work hard to break down refined sugar. People who eat a lot of sugar have less energy and can catch colds more easily. Sugar causes people to gain too much weight. Too much sugar causes diabetes.

Where do we find it?

Refined comes in three types, white, brown and raw. It is found in sweet foods and soft drinks and packaged fruit drinks. It is also added to many processed foods, even tinned food and bread.

What can I eat instead?

Eat fruit in which there is natural fruit sugar. The body can use this type of sugar more easily. You can also eat a little honey, but remember to clean your teeth because all sweet things can promote tooth decay.

1. Give two reasons why sugar is not good for health.
2. Think of some supermarket foods that contain sugar.
3. List some supermarket foods that don't contain sugar.