

Principles for good health: Teacher's topic guide

God is Protector

God gave His children the Israelites special health laws, including abstaining from eating certain meats that could carry disease. They were forbidden to eat animals that ate other animals, such as dogs, cats and eagles. The message we can take from this is to eat with common sense, and not to eat those foods which are bad for us. Using wisdom in this way is our protection from sickness.

Bible references

Exodus 15:26 If you pay attention to my commandments, I will put none of these diseases upon you. I am the Lord who heals you.

Psalm 91:1-6

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

Surely he will save you from the fowler's snare and from the deadly pestilence.

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

Outcomes: Students will

- Understand the importance of eating at the table.
- Understand the components of a balanced healthy meal.
- Understand the disadvantages of random snacking compared to food planning.
- Identify healthy and not-so-healthy foods
- Design a healthy balanced meal.
- Study the negative effects of smoking, recreational drugs and alcohol and present research

Introductory discussion: Healthy food

What is a 'main meal' and when do we eat it?

When does your family come together for a meal?

What do you like about family meal times?

Why is it better to eat at the table rather than in front of the TV?

What do we mean by a balanced meal?

What are your family favourites?

What are 'processed' and 'unprocessed' foods?

Draw the family table.

Where does each member of the family usually sit?

Classify foods

Take a piece of paper and make two columns: plant foods and animal foods. Make a list of healthy foods in each group.

List and draw a healthy breakfast

Students can divide the paper into two columns. On one side, list or draw their usual breakfast. On the other side, they list or draw their ideal breakfast. (What changes could be made to make the breakfast healthier or more balanced?)

Snacking

When should we snack, and what is wrong with snacking for a long time? e.g. snacking while watching TV and snacking from the time we get home from school until dinner time.

Design a healthy school lunch

Discuss some different kinds of healthy foods to be included. Encourage students to think of foods other than sandwiches, e.g. raw vegetables and fruits

My personal eating plan

Students can take a personal record of the food they might eat in a typical day. They can suggest how they may improve their diet.

Interviews

Ask each student to prepare a questionnaire and then interview another class member to find out what this person eats and drinks in an average day. They can then write a report, outlining the good things about the person's diet, and also give some suggestions as to how the diet could be improved.

Discussion:

What is a balanced diet?

Why do I need balance in my diet?

Why do we need guidelines for eating?

How long can we stay alive without food/water?

Why must I eat a variety of foods?

What is the relationship between what I eat and my health?

How does smoking affect our health?

Why are people tempted to start smoking, drinking alcohol or taking drugs?

Properties of foods:

Students identify foods containing carbohydrates, proteins, vitamins, minerals, fats, fibre and water.

Discuss:

- what each of these does for our body.
- the amounts we need for good health.
- the problems caused by too much of one and too little of another.

Foods that make up a balanced diet

1. Coloured vegetables

The largest proportion of your daily food intake should be coloured vegetables, (about 40%). Choose a variety of colours.

2. Starchy carbohydrate foods

Your intake of these should be less than the coloured vegetables, (about 20%). These are foods like potatoes, rice and bread.

3. Protein foods

These are meat, fish, chicken, milk, lentils, eggs. Eat as much protein food as starchy food, about 20%.

4. Good fats

These are the fats found in natural foods like butter and coconuts. You can add about 10% to your food intake. You will be eating good fats in the other categories, especially the protein category.

5. Fruit

Eat two or three pieces of fruit daily. This makes up about 10%.

Good fats, bad fats

Discuss the difference between good and bad fats. Bad fats are the over-heated processed oils like margarine and vegetable oil. They are found in fast foods like chips, fried foods and pastries. They are also called trans-fats because the structure has been changed through over-heating.

Refined carbohydrates and complex carbohydrates

Discuss refined (simple) and unrefined (complex) carbohydrates.

Simple refined carbohydrates like white flour, bread, cakes, biscuits and sugary foods give us short bursts of energy and then we soon feel more tired than before, and hungry. They quickly get stored as fat and cause people to gain weight. Complex carbohydrates, like lentils, peas, beans and other coloured vegetables are used by the body at a slower rate and keep us going for longer without feeling hungry.

Draw a table of foods and their health properties:

- Students can draw up four columns: 1 - Carbohydrates for energy; 2 - Protein foods for building muscles; 3 - Good fats for energy; 4 - Fruits and vegetables to keep us healthy.
- In each column they can list/draw the foods with these properties.

NEW START stands for:

- **Nutrients** – are the parts of food that makes us grow, and stay healthy. Only healthy foods do this.
- **Exercise** – at least half an hour every day
- **Water** – 6 glasses a day, (not fruit juice or fizzy drink)
- **Sunlight** – for vitamin D for strong bones.
- **Toxin-free** – avoid artificial food additives and avoid toxic chemicals in the environment
- **Air** – get fresh air every day
- **Rest** – don't stay up late
- **Think happy thoughts and trust in God**



Some definitions

Natural food: Also called 'unprocessed food'. These are foods directly from nature, such as fruit, vegetables, nuts, meat, fish and eggs. Some dried or tinned foods can be classified as natural foods if they do not have food additives, e.g. dried beans, lentils, rice, butter, milk, tinned tomatoes.

Fast food: Convenience food from outlets. Ready-to-eat foods such as hamburgers, hot dogs, fried chicken and chips. These have some nutritional value but contain ingredients that are not good for our health. Should be eaten rarely.

Food additives: Chemicals added to give artificial colour or flavour, or to preserve the food.

Processed food: These are foods that are changed from their natural state and sold in packets, cartons and cans. Some have nutritional value. Some have additives. Food labels should be checked and assessed for health benefits.

Junk food: food with no nutritional value and food that may be bad for our health. These include sweets, sugary foods, savoury snacks such as potato crisps, and soft drinks or imitation fruit drinks. Should be consumed rarely.

Beacon Media research cards: A balanced diet; Smoking, drugs and alcohol

Biographies: David Wilkerson; Jackie Pullinger

Values education Year 8

God is Protector

Responsibility

God provides protection for those who love and trust Him. However, he expects us to take responsibility for our own actions as well. We cannot expect Him to protect us if we do not act in a responsible manner.

Responsibility is...

- being reliable
- being accountable
- looking after myself
- looking after my possessions
- being in charge of the way I act
- doing the things I am meant to do

Activities

How could the following actions cause you to get sick or cause damage to your teeth?

- Staying up until midnight every night
- Eating plenty of junk food
- Drinking fizzy drinks and not water
- Not eating vegetables
- Smoking
- Drinking alcohol
- Taking drugs

Would you expect God to protect your body in these situations?

What does the Bible say about responsibility?

1 Peter 2:2 Grow up to be strong Christians.

Ephesians 5:8 Live as children of the light.

Art Year 8

God is Protector

Principles for good health

Biblical wall art text: Dear friends, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2

Make a “NEW START” poster

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Practical Science Year 8

God is Protector

Topic: A balanced diet

Pineapple enzyme

<https://www.education.com/science-fair/article/pineapple-enzyme/>

Many people love gelatin-based desserts. Many of us love pineapples too. Should you put them together? As many a gelatin-loving cook has discovered, certain fruits can change gelatin's ability to set. In this experiment, you'll discover what happens when gelatin meets pineapple.

Problem:

What happens to the gelatin when pineapple and gelatin meet?

Materials:

Fresh pineapple
2 bowls
Measuring cup
Kettle
Water
Spoon
Two quarters
2 containers of gelatin

Procedure

1. Mix the gelatin powder with warm or hot water according to the package's instructions.
2. Pour an equal amount of gelatin into each of the two bowls.
3. Add ten small chunks of fresh pineapple to one bowl. Keep the other bowl plain.
4. Put both bowls of gelatin in the refrigerator to set, and wait for several hours. Create a hypothesis, your best guess about what is going to happen. Do you think that the presence of pineapple will change the way the gelatin sets? Why?
5. After three or four hours, take the gelatin out of the fridge. What happened to it?
6. Compare the two bowls of gelatin. Place a quarter on top of each bowl, and wiggle the bowls. What happens to the quarter?

Results:

The gelatin with the pineapple in it gets very watery, while the gelatin in the other bowl ends gets firm. A quarter will sink into the liquid in the pineapple gelatin, but it will sit on top of the gelatin in the plain gelatin bowl.

Why?

Pineapples contain the protein-digesting enzyme called bromelain. Bromelain is also used as a meat tenderizer. In fact, some people are very sensitive to the enzyme and find that it makes their lips and tongue sore. This is because the bromelain is working to tenderize your tongue! Don't worry—once it gets to your stomach, there shouldn't be much of a problem.

Gelatin is made out of animal proteins, particularly collagen. When you add water to the gelatin, long chains of protein form, making an invisible protein “spaghetti”. Water gets trapped in the middle of these long chains, turning what should be a liquid into a semi-solid.

Since pineapple bromelain digests proteins, when the pineapple meets the gelatin, it begins to eat away at it. The long protein chains collapse, making everything watery again.

Try adding papaya, kiwi fruit, or figs to gelatin. Do you end up with the same problem? Here’s a hint: These plants also contain protein-digesting enzymes!

Practical Science Year 8

God is Protector

How greasy are your potato chips?

<https://www.education.com/science-fair/article/how-much-fat-potato-chips/>

Materials:

A bag of potato chips

A packet of savoury biscuits

Something to write with

Rolling Pin

Wax Paper, plastic wrap, or large sandwich bag

Graph paper

Tape

Window

Sunlight

Procedure

1. Place the chips on a sheet of graph paper. Record the amount of chips you put on the graph paper.
2. Lay the wax paper or plastic wrap over the chips.
3. Roll over the chips several times with the rolling pin, making sure they're totally pulverized.
4. Remove the graph paper and throw away the chips. Tape the graph paper to a window pane.
5. Count the number of squares that are translucent from the grease. (Hint: make a mark in each square you're counting. You can use a pencil, pen, or grease pencil if you're marking the graph paper itself. Only count squares that are $\frac{1}{2}$ full or more. Record the number of squares you count.
6. Now do the same steps (1-5) with the savoury biscuits.

Results:

Records your results. Which contains the most fat? The potato chips or the savoury biscuits?

David Wilkerson

Biography

David Wilkerson was born in 1931 in Indiana, USA, and died in 2011. He was brought up in a strong Christian home. His father and grandfather were both excellent preachers.

David Wilkerson began to preach when he was about fourteen. After high school, he studied at an Assemblies of God Bible college. And in 1952 he was ordained as a minister.

David Wilkerson married Gwen in 1953. He served as a pastor in small churches in Pennsylvania, until he saw a photograph in Life Magazine in early 1958, of seven teenagers who were members of a gang in New York known as "Egyptian Kings". He was moved with compassion for these teenagers and felt the Holy Spirit telling him to go to New York in order to preach to them.

On his arrival, Wilkerson went to the court in which the teenagers were being prosecuted. He entered the room and asked the judge for permission to tell them something, but the judge would not allow him to speak to the boys and asked him to leave. Feeling a failure, he traveled back to Pennsylvania. Yet the idea of helping the seven boys on trial kept nagging David. It was not long before he traveled to New York again. As he neared the city centre he had a strong feeling that he should park the car and get out. He had only walked a few metres when he noticed seven teenagers standing together smoking, looking bored. One of them came up to David.

"Aren't you the preacher that got kicked out of our trial?" the boy asked.

"Yes," said David. "I wanted to help you but I'm sorry I couldn't."

"I'm Tommy," said the boy. He then introduced David to the other gang members. They were all willing to talk with David except for one. The one stood with a mean look on his face. Then finally he came up to David.

"Davie," he said, getting out his knife, "if you ever turn on boys in the town I will kill you."

David had made his first contact with a teenage gang. David moved to New York and began a street ministry to young drug addicts and gang members, which he continued into the 1960s. Later in 1958, he founded Teen Challenge, a centre where drug addicts could get free from drugs.

Coming off drugs was not easy. Once the addicts stopped taking drugs they would experience 'withdrawal symptoms'. There is first a deep craving for another dose, which makes the person nervous, fidgety and unhappy. Then the addict begins to sweat. Then they experience painful stomach cramps. Then they start to feel sick and start vomiting, sometimes for hours on end. They see images, more horrible than any nightmare. Usually this goes on for three days and nights without a break. When the person is finally free of drugs, they can start the recovery process. The only way is to never touch drugs again.

Girls as well as boys were helped at the centre. Many gave up drugs and came to know Jesus. Some could not be helped and returned to their drugs and life of crime. During the first six months of the Centre's existence, over 2,500 young people came to know Jesus. They became young people with a new outlook and purpose in life. They changed from being criminals to active citizens with something to give.

Jackie Pullinger – Rescuing Drug Addicts

<https://mylordkatie.wordpress.com/2015/04/22/jackie-pullinger-rescuing-drug-addicts/>

Imagine going to work every single day in a slum area. Everywhere you walk you are slushing through the worst imaginable sewage. You walk with your head down in case someone from the building above you throws their slop out their window. The streets are filled with homeless men and women and children. Most are lying in a drug-induced stupor. Many of these will die soon. You cannot help them all. You are only one person.

But you can be faithful to your calling and follow where God leads. You can do all you can for even a few people. You can make opportunities for the young, especially, so that they can come off drugs and look forward to a totally different life. You accept this call for the long term knowing that poverty and danger from gangs will be your daily lot in life. You have very little outside help.

What kind of a person does this? A person who loves her Savior Jesus Christ and accepts His love for the lost will do this – a person like Jackie Pullinger.

Jackie was born in London in 1944. After attending the Royal College of Music, she left for the mission field. She went to Hong Kong in 1966.

Jackie Pullinger knew that she wanted to be a missionary from the time she was a young child. Even before she really knew what missionaries do she made the decision to be one in her Sunday School class at age five when she heard a missionary speak.

Growing up, Jackie put her thoughts of missionary work aside and lived as any other young girl in Britain. Eventually she went to the Royal College of Music.

After visiting with Christian friends, she had a dream about missionary work and was determined to follow her girlhood dream and serve the Lord on the mission field. She decided to go to Hong Kong. She would end up working in the Walled City, a place known for violence and drugs.

Opium and heroin abuse was and still is an epidemic in the Walled City. The Walled City was a mere six acres, but had a population of at least 30,000 people.

Many of the addicts used a method where they smoked the opium rather than injecting it. Injected drugs were very strong and it was too easy to overdose.

When Jackie got to Hong Kong she started a Youth Club. Many of the boys who came were members of the Triad gangs. These boys were rough and used to violence, including murder. They were skeptical of this British woman but gradually over the years as Jackie continued to live among them they began to trust her.

Most missionaries who went to Hong Kong only stayed a few weeks or a few months. They had money and lived in nicer homes. As soon as their money ran out or they got tired of the filth of the Walled City, they went home. They did not have much credibility with the gangs. The gang members expected Jackie to leave like all the rest. But Jackie not only stayed, she lived among them.

One by one many of the gang members became Christians. When the gang members kicked the drug habit they stayed away from drugs for life. The boys turned to Jesus. Many of them went on to witness to their families and former gang friends. When the addicts who really wanted to change

could see the miracle of healing that faith in Jesus brings, they were willing to listen to the Gospel. Not all accepted the truth, but many did.

Some were afraid of going “cold turkey” from their addiction. The pain of the withdrawals was horrific and some even died during withdrawal. But many of those who turned to Christ for forgiveness and trusted in Him for their new life never went through the withdrawals. Some didn't even have so much as a headache. These miraculous healings helped to draw others to Christ.

Not everyone of course had complete relief. And some who turned to Christ did not reform immediately. They needed help. Jackie opened up homes and soon many were begging her to give them a place to stay and overcome their addiction. Jackie would try and keep them for as long as possible while they reformed and really learned how to live a Christian life.

Over the years Jackie's efforts led to an amazing degree of success. She not only helped gang members kick their habit, but she even had a chance to speak to some of the dangerous gang leaders. She won their respect. In fact, on one occasion after vandals destroyed her Youth club, a gang boss sent guards to watch her building and make sure it didn't happen again.

The gangs had a rule that once you were a gang member you were a gang member for life. It was dangerous for the boys to leave their gangs. Jackie told them that they could not serve two masters. They had to choose the gang or Jesus. The boys who left the gangs could expect severe retribution or even death. Here again God intervened. Jackie got the gang bosses to promise that they would not bother the boys who left the gang.

You see, strange as it may seem, the gang bosses did not like their men on drugs. A drug addict could be worse than useless. They wanted to make money by selling drugs to others, but they wanted their own men to be drug free. Since Jackie had success in getting men and boys to give up drugs completely, and the gang bosses had been unable to do this, they had much respect for her.

Years rolled by and Jackie opened several more homes. The work expanded and with the help of some American missionaries she set up the St. Stephen's Society. It is still in existence today and is one of the most successful organizations in the world, rescuing hundreds of young people from a life of misery on the streets.

The Walled City was eventually pulled down and cleaned up in the 1990's. Jackie has continued her work there. Today there are hundreds of people living in different homes coming off of drugs and being helped to a new life. The work has expanded to other countries including the Philippines.

Jackie Pullinger continued to give her life to the poor and forgotten. Her desire to reach the lost for Jesus is being realized every day as those who were rescued from drugs then go out into the world with the Gospel. Many now have a blessed life in Christ instead of a tragic life on the streets thanks to Jackie's faithfulness.

Matthew 25:40 And the King will answer and say to them, 'Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.'

Smoking, drugs and alcohol

Student activities

Introduction

Toxins are substances that are bad for our health. One way to look after ourselves is not to put into our bodies things that make our bodies sick. What are some these things?

Our bodies are the temple of the Holy Spirit.

If God lives in our bodies, how should we treat our bodies?

Cigarettes

If you are a Christian and smoke, think about how Jesus would feel about living inside you with a cigarette.

Why do people smoke? How do people begin smoking? Here are some reasons:

- to impress a crowd
- to please a friend
- to feel 'in with the crowd'
- because they are tense and worried

Reasons why we shouldn't smoke:

1. A Christian finds joy and fulfillment in a life through Christ. There is therefore no need to smoke for an extra experience.
2. Smoking is a dangerous habit. Many toxins in cigarette smoke are unquestionably related to dangerous diseases, including heart and lung diseases as well as cancer. Our bodies don't belong to ourselves but to God. (We are bought with a price.)
3. It is an unfair habit. It forces all others who share a space with a smoker, to inhale the same fumes, or even secondhand stale smoke.
4. It is a filthy habit. The burnt paper and tobacco leave ash and burned remains. The smoke stains the teeth, makes the breath foul smelling, stains the fingers, pollutes the air and makes clothing smell foul. The ashes and butts pile up as an unsightly mess.
5. It is a waste of time, money and health. That is, a waste of God's time, God's money and the health of a body that belongs to God.
6. It is a gateway into other harmful habits. In most societies, alcohol and gambling go together with cigarette smoking. Cigarette smoking can also lead into smoking marijuana, which can lead into taking other drugs.
7. Cigarette smoking is highly addictive. The nicotine in cigarettes is an addictive drug. Once you've started, and realize that it's not as much fun as you thought, and want to stop, it is very hard. To stop smoking, you will suffer from withdrawal. The lack of nicotine in your body will cause: nervousness, anxiety, headache, nausea, constipation or diarrhea, tiredness, drowsiness, inability to sleep, irritability, difficulty concentrating, and a depressed mood.

Recreational drugs

There are two types of drugs: pharmaceutical drugs (drugs prescribed by the doctor), and recreational drugs. What is the difference between these?

People have used plants and chemicals for thousands of years to change their feelings or thoughts. Since the 1960's, people all over the world have turned to drugs to try and find answers to their problems, with terrible results. Thousands die from bad chemicals or overdoses or accidental death.

Drugs affect the mind, causing 'uppers' and 'downers'. While experiencing an 'upper', the user may experience colours, lights, and everything beautiful. The person sees himself (or herself) as someone strong and beautiful, and life is beautiful. But many hours later, he comes 'down'. The shock hits him; life is not so beautiful any more. The drug experience was just an empty vision, and now he sees himself as he really is. It was all in his mind.

The colours and scenes come from chemicals. Your world is only pretty when your mind is a slave to a drug. When it wears off, there's the same old world and the same old problems. You are still the same person as before, and probably even worse off. Now it will take a bigger dose of drugs than before to get the same experience again. Nothing is different; your guilt, your loneliness and emptiness are still there waiting for you.

How different it is with Jesus! When we see ourselves through Christ's eyes we know that we are loved and precious. We have someone to share our burdens. The world is no longer empty or meaningless. God's joy is direct, immediate and real. His love is not subject to 'ups' and 'downs'. It is always there, and always the same.

Alcohol

Alcohol is actually a type of drug and has the same effects on the mind as recreational drugs. It causes uppers and downers. It may be less dangerous in moderation, but in excess can be just as dangerous.

Some of the immediate effects of alcohol may include feeling more confident, feeling sleepy, losing balance or feeling dizzy.

If you drink to excess you're likely to experience a number of physical effects, including:

- Hangovers
- Nausea
- Shakiness
- Vomiting and memory loss
- Injury to yourself
- Alcohol poisoning

Alcohol is a major cause of injury and death among young people. When you're drunk, you're more likely to put yourself in risky situations, like getting into a car with a driver who has been drinking, or being the perpetrator or victim of violence.

Continuous heavy drinking over a long period of time can lead to:

- Physical and psychological dependence on alcohol
- Significant damage to the brain and liver
- Risk of cancer of the mouth, throat or oesophagus
- Possible increased risk of neurological disorders, heart problems, and sexual problems (especially male impotency)
- Emotional and mental health problems developing, such as depression and anxiety
- Problems at school, work and with relationships

It is not uncommon for young people to experiment with alcohol. The younger a person is when they start drinking alcohol, the more harm they will potentially do to themselves. Alcohol is a toxin, and even when consumed in small amounts, it can be harmful to the still-developing brain and body of a young person.

There are differing views among Christians about whether a Christian should abstain from alcohol completely or whether an occasional drink is acceptable in social situations. Something to think about is this: Having more than one glass of alcohol at any one time may provide a doorway to an addiction, which will have very negative effects on the body. It is also important that Christians do not look to drink as a means of making them forget their problems. We can bring all our problems to Jesus and put our trust in Him completely to sort out our life, whatever situation we find ourselves in. Certain church denominations, such as Methodist, Baptist, and Salvation Army ask their members not to drink alcohol at all.

How to say 'no'

How do you refuse to take part in an activity without putting down the person who asks you?

1. Most times you can simply smile and refuse without going deeper into it. If you are offered a cigarette, drugs or alcohol, simply say, "No thanks, I don't smoke", or "no thanks, I don't drink or "no thanks, I don't use drugs."
2. If asked why not, you can just give them your short testimony for the Lord. Just say, "Well to tell you the truth, I'm a follower of Jesus and He owns my body."

References:

Pratney, W. Doorways to Discipleship

<http://www.tuneinnotout.com/topics/alcohol-other-drugs/alcohol/>

Project

Make a poster or leaflet that could discourage others in smoking, drinking alcohol or taking drugs.