



Monthly Sheet for HS 1 & 2 Stewardship
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Weeks 6 - 10 Dates: 10/03/11 - 10/31/11

Topics/Content/Skills:

What is Fair, Healthy Eating, Nutrition, Food Pyramid, Taking Godly care of your body

Vocabulary words/Resources:

Respect, Diet, Nutrition, God's temple: Diet & Nutrition Activities book, Perspectives On Health book, Taking Godly Care Of My Body book

<u>Wednesday</u> <u>Oct 05</u>	What is Respect/Disrespect? How do you determine it?? Homework: One page paper on showing respect
<u>Wednesday Oct</u> <u>12</u>	Healthy Eating: Discussion about eating habits. Understanding Nutrition in Perspectives On Health p206 - 219 Homework: Answer questions on p212 on a separate sheet of paper. (at least one full sentence for each question)
<u>Wednesday Oct</u> <u>19</u>	Diet & Nutrition Activities book p 44 (136) Homework: Write out a 5 day menu for healthy eating
<u>Wednesday Oct</u> <u>26</u>	Taking Godly Care Of My Body p10 - 16 Discussion on how to take care of God's temple Homework: P16
<u>Wednesday Nov</u> <u>02</u>	20 minute review on Respect, Healthy Eating, Nutrition & How to take care of God's temple. Plus vocabulary words Test on above

Nov 02, 2011 Test: On Fairness, Healthy Eating, Nutrition, Food Pyramid, Taking Godly care of your body