



Adventurer Award Worksheet Health Specialist



1. 1 Corinthians 6:19,20 says _____
_____.

2. The basic food groups are: _____

Three healthy meals are:

3. Your body needs exercise because _____
_____.

4. The hours I slept were: Sun____ Mon____ Tues____ Wed____ Thur____ Fri____ Sat____
I need to rest because _____.

5. Your body needs fresh air and sunshine because _____
_____.

6. I drink _____ glasses of water every day and I need water because _____
_____.

7. I brush my teeth _____ times a day and I also look after my teeth by _____
_____.

8. Three things that can destroy my health are _____, _____
and _____.

Award Completed On:

Signed: