

2016 World Kit Answer Sheet

Unit 1

GOD HAS THE ANSWERS TO A HEALTHY LIFE!

AIR



NUTRITION



SUNSHINE



WATER



EXERCISE



& WORK

REST



&



RELATIONSHIPS

SELF-CONTROLLED
CHOICE



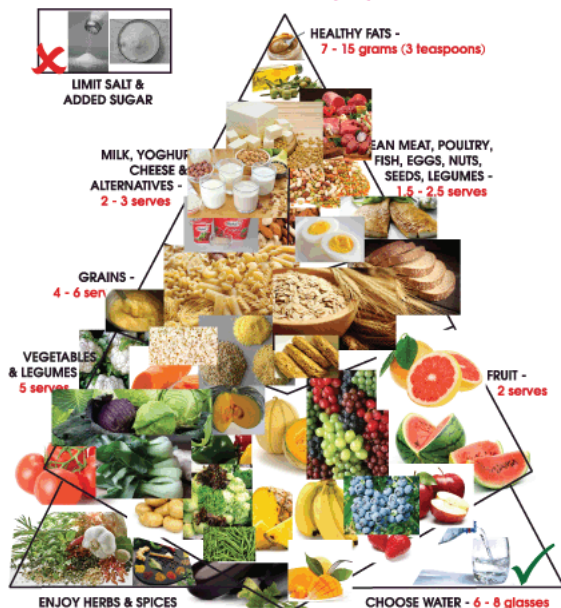
Write the things that God has provided and given us for life and health. Find pictures on the accompanying page or in magazines and paste in the right place on this page.

Unit 3

NUTRITION - FOOD FOR LIFE!

God provides us with the food we need to live healthfully. Food helps us to **GO**, **GROW** and **GUARD** our bodies from disease. The healthy eating pyramid gives us a picture of good foods to eat. (The standard servings are those suggested for children aged 6 - 12) Remember to eat a variety of different colours and textures.

Eat a rainbow every day!



Cut out the pictures on the next page or draw your own pictures to fill in your healthy eating pyramid

Unit 2

HOW CLEAN IS YOUR AIR?

Air is important to a healthy life. Everyone on earth needs to breathe in order to live. Our lungs take in the air and transfer the oxygen in the air to the blood which carries it to every cell in our bodies to convert food into energy. The oxygen is exchanged for carbon dioxide which is carried back to the lungs for us to breathe out. The air has nitrogen, oxygen, carbon dioxide and other gases in it. Plants need carbon dioxide which they exchange for oxygen. In order to keep things living there needs to be a good balance between oxygen and carbon dioxide. Many things in today's world can upset this balance, and introduce harmful things into the air. This is called dirty air or "pollution". There are three areas that we need to protect from pollution.

1. The outside environment



- 093 26317 373<4- 9=0<239 - 3.4. \57#
- USE CLEAN ENERGY SOURCES - E.G. WIND, SOLAR, ETC.
- 16< 2-263 21< 8==6 =< <5#3 1 @09
- WALK, CYCLE, CAR POOL OR RIDE A BUS.
- 8617> ><339 17# 9%<089.
- PLANT TREES AND SHRUBS.
- 3=<83 #321-574 <08959% \$<+ 1<=07#
- REMOVE DECAYING RUBBISH FROM AROUND YOUR HOME.
- <32-263 17# <3-093 >= #32<3193
- RECYCLE AND RE-USE TO DECREASE +170\$12>0<574 \19>3.
- MANUFACTURING WASTE.

2. The inside environment - our homes, offices, schools & vehicles.



- =837 >%3 \57#=-19 \$=< \$<39% 15< >=
- OPEN THE WINDOWS FOR FRESH AIR TO COME IN.
- *338 %+=3 26317 \$<+ #09> 17# +56#3\.
- KEEP HOME CLEAN FROM DUST AND MILDEW.
- #= 7=> 093 98<1-9 =< 2%3+52169 >%1>
- DO NOT USE SPRAYS OR CHEMICALS THAT WILL POLLUTE THE AIR.
- \566 8-660>3 >%3 15<
- #= 7=> 9+=*3.
- DO NOT SMOKE.

3. Our bodies - lungs and airways.



- @<31>%3 #3386- @- 9>17#574 17# >1'574
- BREATHE DEEPLY BY STANDING AND TAKING
- >%<33 #338 @<31>%3 - 57 >%<=04% --0< 7=93
- THREE DEEP BREATHS - IN THROUGH YOUR NOSE
- 17# =0> >%<=04% --0< +<0>% >%<=04%<=0>
- AND OUT THROUGH YOUR MOUTH, THROUGHOUT THE DAY.
- 373<2593 =0#<=9 57 >%3 \$<39% 15<
- EXERCISE OUTDOORS IN THE FRESH AIR.
- #= 7=> 9+=*3 =< 57%163 9+=*3 =< 2%3+52169.
- DO NOT SMOKE OR INHALE SMOKE OR CHEMICALS.
- #= 7=> 9>1- 57 1<319 \563<3 >%<9
- DO NOT STAY IN AREAS WHERE OTHERS ARE SMOKING.
- 9+=594.

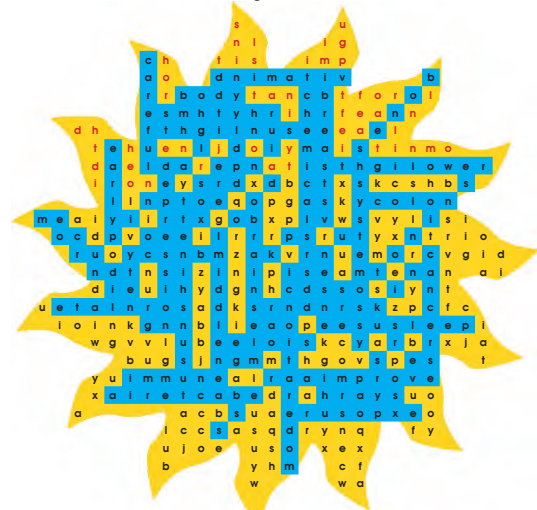
Decode the messages from the code below to find the things you can do to help keep air clean.

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	r	s	t	u	v	w	x	y	z
1	@	2	#	3	\$	4	%	5	*	6	+	7	=	8	<	9	>	0	&	!	?	-	.	,

Unit 4

SUNSHINE!

Find the **bold**, **italicised** words from the paragraph below in the word find. When you have found them all, start at the top and work across and down to find the hidden message in the left over letters.

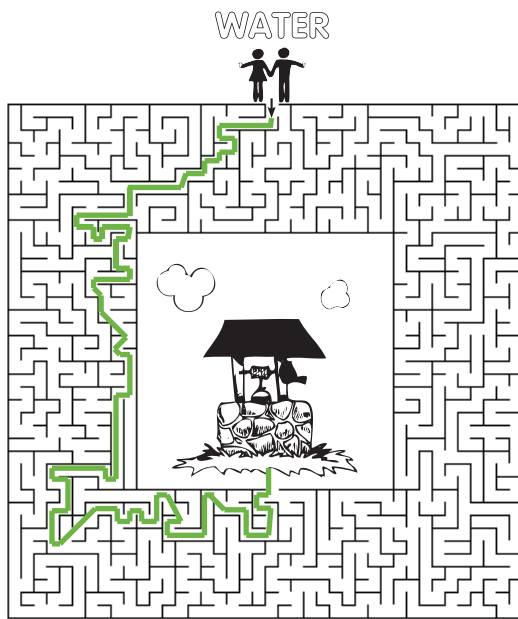


The sun provides the earth with **light** each day and its **rays** help us to be healthy if we are **careful** not to get too much and to take steps to protect ourselves. The sun's **UV** rays can harm our skin and cause **skin** cancer if we stay too long in its rays, but sunlight can also **protect** our bodies from disease by producing **Vitamin D** in our bodies which helps our **bones** and **immune system**. Sunlight also helps to **destroy** some **bacteria**. It can help us to **sleep** better as it affects the **pineal gland** in our **brains** which helps to regulate our **body rhythms**. **Sunlight** also helps the body to produce **serotonins** which are **chemicals** that help to **improve** our **moods** and **reduce** **depression** and **stress**. **Exposure** to sunlight has been shown to **lower** **blood pressure** and reduce the risk of some **cancers** in organs such as the **kidneys**, **breasts** and **colon**. Practise **moderation** by staying out of the sun in the **middle** of the day or when the UV **index** is above 3. Remember to wear a **hat** and some **sunscreen**. Get at least 10 minutes of **sunshine** in the **early morning** or **late** afternoon.

Hidden Message: **SUNLIGHT IS IMPORTANT FOR LIFE AND HEALTH. ENJOY IT IN MODERATION.**

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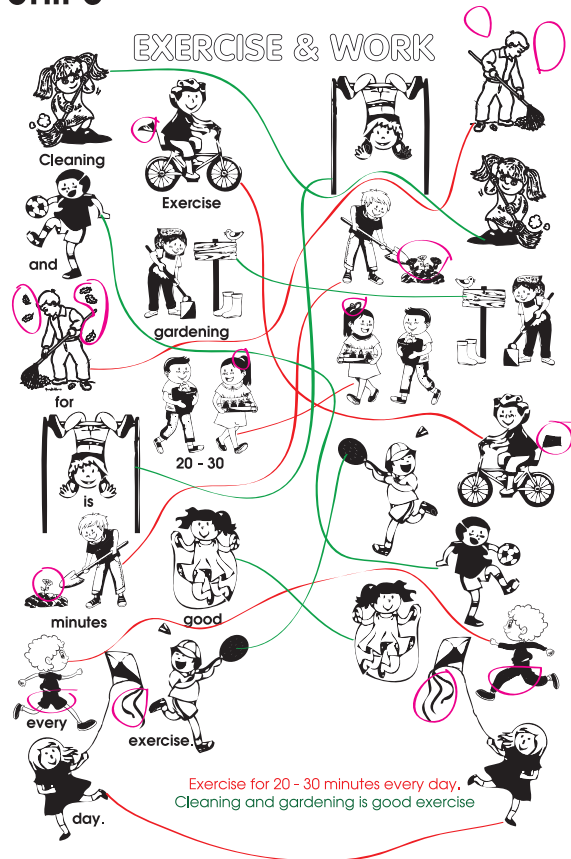
Unit 5



Help the children find the path to the well of water.

- We need clean water on the outside and the inside.
- Washing our bodies and clothes helps to keep us clean and healthy, removing germs and impurities.
- Drinking water helps to lubricate and cleanse the inside of the body, provides transport in solution for vital substances and helps to regulate the body temperature.
- Water is necessary for our brains to function well. It helps to protect our heart health and helps our endurance levels.
- Always wash your hands regularly, bathe daily and drink 6 - 8 glasses of water a day.

Unit 6



Exercise for 20 - 30 minutes every day.
Cleaning and gardening is good exercise

Unit 7 (no answer required)

Unit 8



Unit 9

REST & RELATIONSHIPS

God provided us with time to rest so that we could function well. Our bodies work on cycles of rest and work. These times of rest are also designed to help us to build good relationships with God, our families and our communities. Rest helps to refresh and restore us so that we can function well physically, mentally, socially and spiritually. Tick the circles that apply to the statements. Some may have more than one tick.

Daily	Weekly Sabbath	Yearly	Every few years	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Our brains make space to enable us to learn better and our bodies rebuild while we sleep.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A day to worship God and fellowship with others.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	A time to remember the birth of Jesus.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Children and teenagers need at least 8 - 10 hours of sleep in this time.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Time to do good and bless others.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	A special day to remember God's gift of salvation and freedom from sin.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	The immune system is kept in balance while we sleep.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A time to let the ground lay fallow, so it can be fertile.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	We should spend some time in communing (listening and talking) with God and thanking Him.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A time to remember and thank God for all His gifts to us.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A time to forgive people their financial debts.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A special time to remember the death and resurrection of Jesus.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A day to celebrate God's creation.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A day to remember that everyone is of equal value in God's sight.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	A time to rejoice and be glad.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	A time to take a break from work and plan what we can do for God.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Time to spend with our families.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A day God gives us to rest from our labour.



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Unit 10

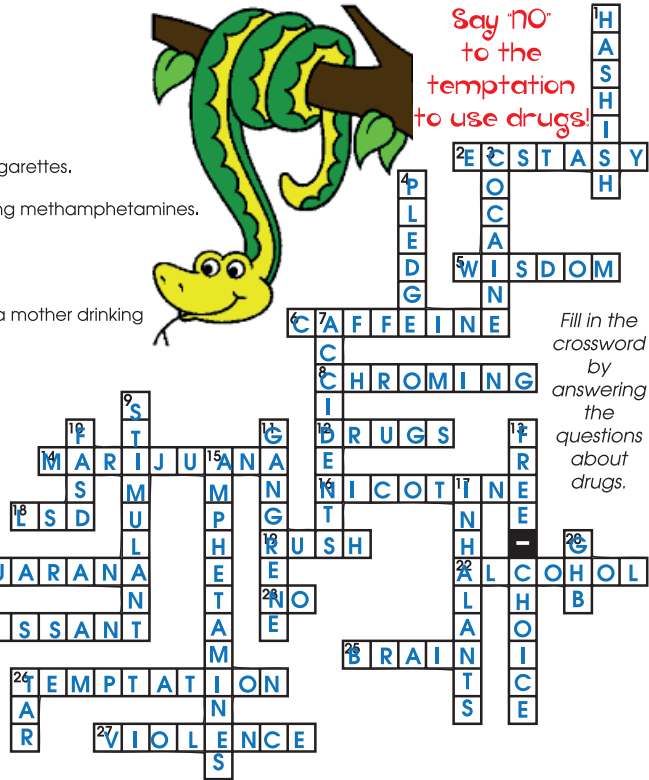
SELF-CONTROLLED CHOICE

Across

2. The street name for MDMA or "e".
5. Making choices based on the word of God.
6. The drug found in coffee, tea, chocolate and coca cola.
8. Using inhalant drugs.
12. Chemicals which changes the way the body functions.
14. A depressant drug often linked to schizophrenia.
16. A drug which is more addictive than heroin and found in cigarettes.
18. A drug which is a hallucinogen.
19. A name given to a strong intense high resulting from injecting methamphetamines.
21. A drug similar to caffeine and used in energy drinks.
22. A drug which is the main cause of cirrhosis of the liver.
23. The best answer when offered drugs.
24. A type of drug which slows down the nervous system.
25. The organ of an unborn child which may be damaged by a mother drinking alcohol.
26. Asking God to help you will help you say "No" to this.
27. A common result of using alcohol and other drugs.

Down

1. Another name for a drug which can be eaten in cookies.
3. A drug which has the street names of coke, flake, snow, & happy dust.
4. A promise you make in choosing to say "No" to drugs.
7. Alcohol use is often the main factor in causing these.
9. A type of drug which makes you feel alert and awake.
10. The abbreviation used for describing the effects of alcohol on an unborn child.
11. Smoking cigarettes can cause poor circulation which results in this condition to the toes, often requiring amputation.
13. Everyone has been given this by God. (4,6)
15. Drugs often known as ice, speed or uppers.
17. Drugs which cause sores in nose or mouth, nosebleeds and bronchial spasms.
20. Gamma Hydroxy Butyrate or sometimes called "Grevious Bodily Harm" (GBH) often used to spike drinks.
26. The main cancer causing ingredient in cigarettes.



Say "NO" to the temptation to use drugs!

Fill in the crossword by answering the questions about drugs.

Unit 11

THE EFFECTS OF ALCOHOL



God has given warnings about things that we should avoid. Use the code above to work out the 6 questions below. Then decode the answers to those questions? Determine to choose to follow God's wise warnings and ask God to help you to be self-controlled.

1. Who has anguish?
 2. Who has sorrow?
 3. Who is always fighting?
 4. Who is always complaining?
 5. Who has unnecessary bruises?
 6. Who has bloodshot eyes?
- It is the one who spends long hours in the taverns, trying out new drinks. don't let the sparkle and smooth taste of wine deceive you. For in the end it bites like a poisonous serpent; it stings like a viper. You will see hallucinations, and you will say crazy things.

Proverbs 23:29-33 NLT

Unit 12

MY CHOICE - MY PROMISE

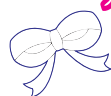
I have the freedom to choose.
I can choose to live my life according to God's Word,
I can choose to be temperate.
Because of Jesus' resurrection power, I have God's strength to keep my promise and live according to my choice.



Start at the arrow and use every third letter or symbol until you have used them all and write them in the lines below. You will find out what temperance means.

TEMPERANCE MEANS TO CHOOSE TO SAY NO TO ALL THAT IS HARMFUL AND TO USE MODERATELY AND IN BALANCE THOSE THINGS THAT ARE GOOD!

"I promise, with God's help, to abstain from alcohol, tobacco and all other harmful drugs."



Signed: Date: