

# My Health My Body

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## Online edition

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Disclaimer: This course is intended to offer general information which is subject to change. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about nutrition and health so that you can make informed decisions to preserve or regain the vibrant good health you deserve. For children with special needs please consult your doctor.



*Explore, Examine, Educate*

# Foreword to the Parents

## Udemy edition

This course was developed by a home schooling, vegetarian mom who saw a need for better materials. I am a Nutritional Counsellor and have done health research for over 10 years. I was home schooled for several grades, and am home schooling my son. If you are a vegetarian but not a Christian, or a Christian but not a vegetarian, I hope you will still see the value in this book. It was my aim to help both groups. With most of the information not specific to vegetarians or Christians I am sure you will get plenty of good information for your children.

Lessons are written for the 10 to 12 year old, but if read by a parent, 7 to 9 year-olds should have no problem understanding the principles. The first is the most complex. Each assignment is designed for both younger and older children. The odd numbered questions are easier and the even numbers are more difficult. Older children should be able to do the entire assignment. For younger children, have them answer the ODD numbered questions, or have them answer verbally. Some of the questions may be difficult for the older child if done strictly by memory (as opposed to open book), but if you go over the material verbally with your child, plus they read the material on their own they should be able to complete the assignments from memory.

It is recommended the parent go over the assignment, and answers to the assignment, so they can emphasis those points during the lesson time. Especially if the child will not be using the book for the assignments.

Please use the material as you feel appropriate to your child. Parents are welcome to print the book or assignments for each of their children. (For classrooms, please call for bulk orders and license options.)

I encourage you to participate with your children in this adventure. Enjoy!

*Angela Poch, N.C., Director  
Higher Path Print & Production*

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*Practice, Participate, Prepare*

## **LESSONS:**

### **A Better Body is Important.**

*Why should I care about my body?*

*Assignment: Better Body Is Important*

### **My Mind Makes My Moods.**

*How my thoughts affect me.*

*Assignment: My Mind Makes My Moods*

### **Making My Muscle Move.**

*Why exercise is so important and what is good exercise*

*Assignment: Making My Muscles Move*

### **Fabulous Foods Feed Me.**

*What is good nutrition?*

*Assignment: Fabulous Foods Feed Me*

### **Water Within & Without.**

*Drinking lots of water and staying clean.*

*Assignment: Water Within & Without*

### **Super Sunshine & Ample Air.**

*Why fresh air and sunshine are so important to my body.*

*Assignment: Super Sunshine & Ample Air*

### **Slumbering Sleep.**

*How much rest do I need & Why?*

*Assignment: Slumbering Sleep*

### **Taming Tom with Temperance.**

*Finding balance in a world of extremes and harm.*

*Assignment: Taming Tom with Temperance*

## **Supplements**

*Recipe VIDEOS, Recipes, Assignment Answer Key, Final Exam, Handouts & Posters*