

# A Better Body is Important.

*Why should I care about my body?*

*I should care about my body because God made me in His image and He is my Saviour. Jesus purchased my body with his blood and now I am His. I should live to honor Him.*

*I should care about my body because when I am sick, I cannot do the things I should or the things I would like to do.*

I should care about my body because when I am well I can help others, and that makes me feel even better about myself.

Our bodies are mighty machines that our Creator built with **precision** and care. He also made them to recover from small mistakes we make, like getting a cut or a burn. The body has systems that run every part of and **function**. The more you know about how wonderfully made you are, the better you can take care of your body.



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## Immune System:

The warriors in our bodies are the white blood cells. The white blood cells are part of your immune system which helps prevent you from getting sick. Your spleen helps make white blood cells, but most of them are made in your bones.

When germs enter our body, by our mouth or from a cut, the immune system gets into action in a hurry. It sends out white blood cells to destroy any disease, germs, or bacteria that might cause us harm. We can hinder (or slow down) our immune system by what we eat. Too much white sugar reduces your white blood cells' ability to fight germs and other invaders. When we eat too much sugar it is easier to get sick and harder to get well.

There are ways to help our immune system too. A good **conscience** keeps stress away. Stress is when you feel worried or upset or scared. Stress causes hormones (chemicals your body makes) to run through our body to protect it. It is called the 'Fight or Flight' response. These chemicals help your body to handle bad situations, like run faster if you see danger. But if those hormones stay in your body too long, or there are too many of them, it can cause problems. Exercise can help get

## Prevention

A good way to prevent getting sick is to protect our bodies from disease. Here are a few ways to stay healthy:

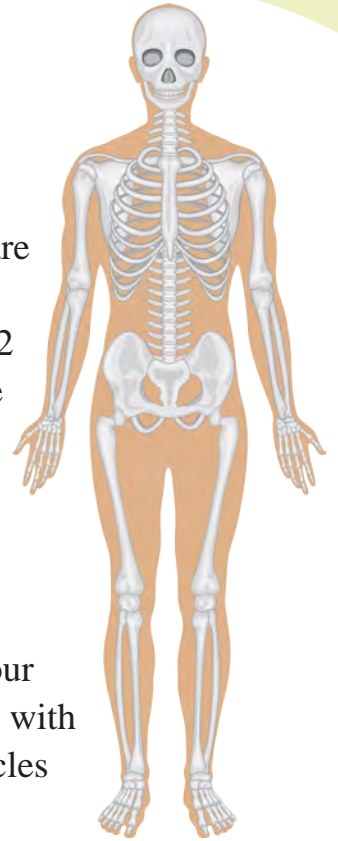
1. Wash your hands LOTS! Wash before you eat, after you go to the bathroom, after you pet an animal, before bed, and after you've touched dirty things like money or shopping carts.
2. Avoid putting your hands on your face. Germs can travel into your nose, mouth, or ears, even if you don't put your fingers directly in your mouth.

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rid of those stress hormones. Laughter and joy also relieve stress and are good immune system builders. The Bible says, “A merry heart is good like a medicine, but a broken spirit drieth up the bones.” Proverbs 17:22 Our immune system is connected with our bones, because that is where most of the white blood cells are made. If our bones stop making cells, and “dry” up, we will die.

3. Drink lots of water. Water helps to flush **microbes** out of your system.

4. Give your immune system a boost. Eat food rich in Vitamin C.

5. Avoid close contact with others who have a cold or the flu.

6. Avoid sugary foods when you are around those who are sick or if you start to feel a little “under the weather.”

7. Pray for those around you to get well and for you to stay well.

## Skeletal System:

The skeleton is the back bone to your entire body. Your bones are connected with fibrous tissues called **ligaments**. Muscles are connected to your bones by tissues called **tendons**. Bone and muscles work together to make you move.

The smallest bone in your body is in your ear! It is called the stirrup bone and it is in your middle ear. It is full size when you are born and doesn't change. The largest bone in your body is the thighbone, or femur. We have some parts of our body that seem like bone, but are not. Our nose and ears are made of **cartilage**, a light, semi-flexible material.

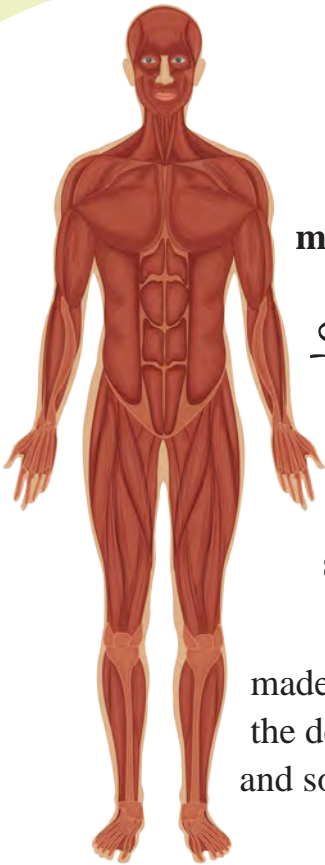
Our bones are actually living! Inside your bones are blood vessels, nerves, and water. The outside of the bone is mostly calcium, and the inside looks spongy, but it isn't soft like a sponge. This is called marrow, **bone**

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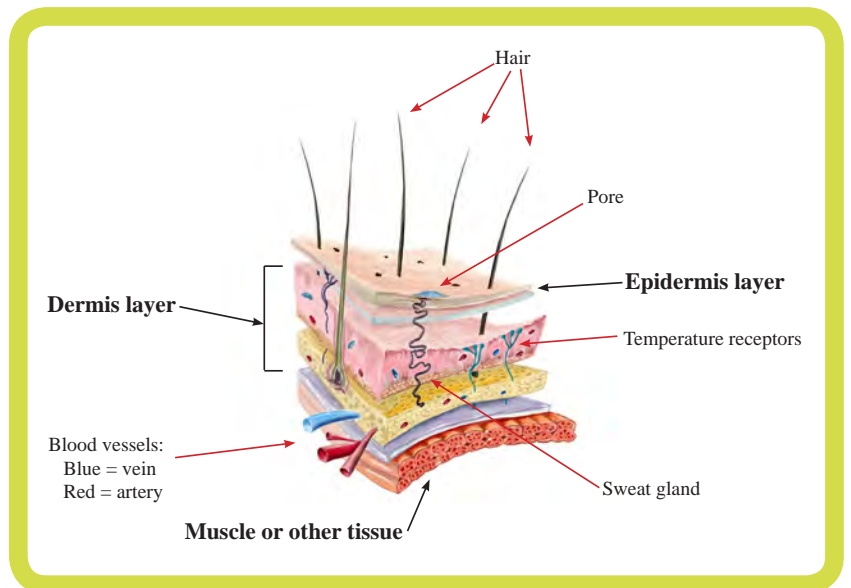
**marrow.** Your bone marrow makes blood cells.

## Skin and the Muscular System:

Skin is our protection from the **environment** around us. The skin also helps keep our temperature normal. If we get too hot the skin opens up the pores and allows sweat to pool on the surface of the skin. Then air evaporates (drys up) the sweat and it cools us down.

The skin has two layers. The first layer is called the epidermis and is made up of many dead skin cells that slowly wash off. The second layer is the dermis and that layer helps you feel hot, cold, wet, dry, rough, smooth, and so on.

When we have a hot shower it opens up the pores and when we have a cold shower it closes the pores. It is called a contrast shower when you switch from 3 minutes hot to 30 seconds cold, repeating twice more, ending with cold water. Many people use a contrast shower to help keep their body healthy because it helps the circulation to work better. Let's find out why that system is important.



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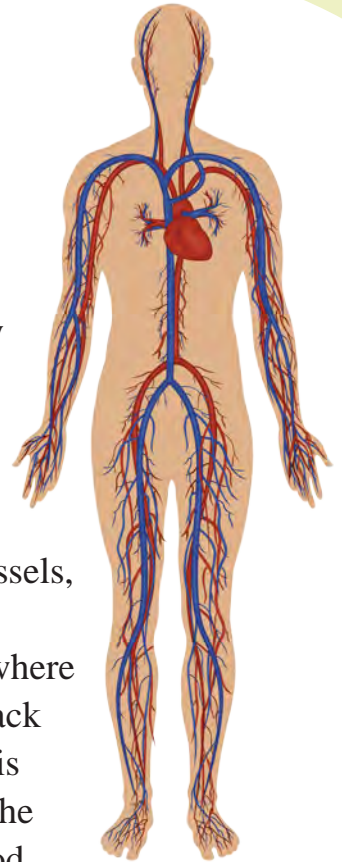
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## Circulation System:

The heart and lungs are the major organs involved in the circulatory system. The heart pumps blood from the lungs and throughout the entire body. The blood leaves the heart in arteries, shown in red on the diagram to the right, and goes throughout the body. As oxygen is used up the blood travels back through veins, shown in blue on the diagram, to the heart and lungs. Your capillaries are very tiny blood vessels, that run throughout your tissues. The blood picks up waste and carbon dioxide along the way. The heart then pumps the blood into the lungs where it picks up oxygen and releases carbon dioxide. Then the blood goes back through the heart and out into the rest of the system again. Your blood is always red, but it is lighter in color when full of oxygen, coming from the heart, than when it travels through the veins back to the heart. The blood has only a little oxygen left and is darker so they often use the color blue on diagrams to show veins.



There are things that clog up the lungs, like smoking. Smoking leaves tar and other substances that inhibits (prevents) the oxygen from going into the blood. It also makes “bigger holes” in the lungs which make them less effective. The heart is also hindered when there is too much fat around it. **Obesity** is a real problem in countries where there is an abundance of junk food.

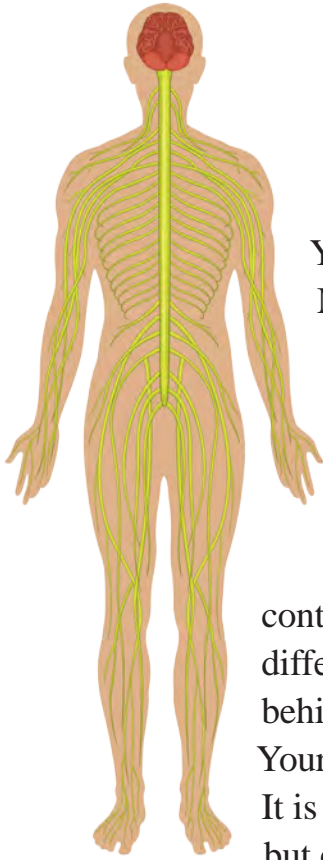
Another part of the circulatory system is the bodies mechanism (ability) for getting rid of waste. Your blood cells only last so long and then they die. Plus the body needs to get rid of the germs and microbes it destroyed. The liver is the main organ in the “cleaning system.” The liver also stores vitamins, protein, and minerals.

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Exercise is the best way to keep your circulation in tip top shape. You'll learn more about exercise in the chapter - Making My Muscles Move.

## Nervous System:

Your brain is the computer for your entire body. This is where most of the functions of your body are controlled. Different parts of the brain have different functions. The frontal lobe, just behind your forehead, controls your **morals**. Your will power is in the frontal lobe too. It is important to protect the entire brain, but especially the frontal lobe. Drinking alcohol, head injuries, choosing bad music, poor nutrition, and watching too much T.V. all hurt your frontal lobe. The good news is math, classical music, and reading your Bible help strengthen your frontal lobe.

The brain sends and receives messages from your body through nerves. Nerves are found everywhere from just under your skin to inside your eye! There is an electrical current that sends the messages from the nerve ending to the brain. All the messages to the brain go through the spinal column. We need to protect both our brain and our spinal column from injury. Not jumping

## Definitions:

**Bone Marrow:** A fatty substance found in the middle of bones.

**Cartilage:** A thick, whitish, flexible tissue.

**Conscience:** The 'still small voice' that is our **moral** guide.

**Disease:** a disorder, or disruption of a system, that produces a specific problem in the body that is not from an injury.

**Environment:** The surroundings in which we live.

**Function:** To work in a proper way.

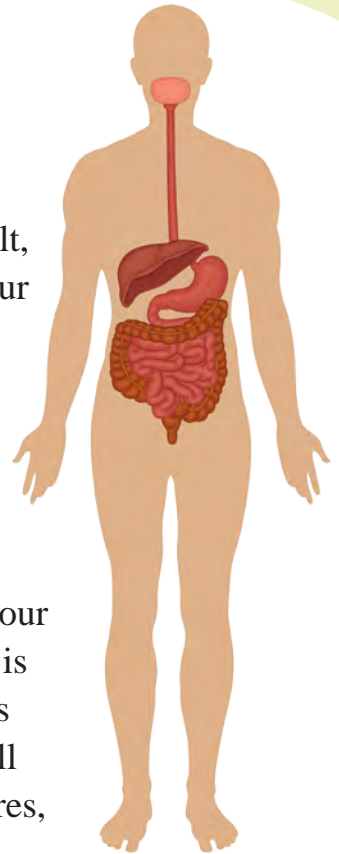
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off things that are too high, wearing your helmet, wearing your seat belt, keeping your muscles strong, all help prevent injuries or damage to your spine and head.



## Digestive System:

The last system we will talk about is the digestive system. When you eat food, it is chewed up by your teeth. Saliva is added to the food which is essential to digest grains (or starch). It is really important you chew your food well and get lots of saliva mixed in. Carnivores, animals that mostly eat meat, don't need to chew their food because they are eating protein (meat is almost all protein and fat). Protein is digested in the stomach. Have you ever heard the saying, Don't wolf down your food? Wolves can eat fast, with little chewing, because God made them different from us. They aren't eating very much grain, so they don't need the saliva. (Those of you with pets know, when dogs or cats eat grass they chew a lot more, and if they don't it makes a mess. Yuck! )

After you swallow food it travels down a tube called the esophagus and into your stomach. In your

**Ligaments:** A short band of tough, flexible tissue that connects two bones, cartilage, or holds together a joint.

**Microbes:** a very tiny organism that can cause disease, such as viruses, bacteria, or fungus.

**Morals:** standards or principles that are good or acceptable.

**Obesity:** Overweight to the point it is a disease. Usually 20% more than normal weight.

**Precision:** To be exact and accurate.

**Tendons:** A flexible cord of strong fibrous tissue attaching a muscle to a bone.

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# My Health My Body

stomach the food is mixed with digestive juices, some of which are made by your gallbladder. The stomach acid breaks the food down into tiny particles the body can absorb.

If the food is not digested well in the stomach the small intestine and colon can't do their job. Some people don't go the bathroom regularly, this is called constipation. It is very hard on your body and can create toxin build up. Some of the ways you can disrupt digestion are: drinking water with your meal, getting upset while eating, eating too much, and eating too often. We are not horses or cows that can graze all day. In about 4 hours the food leaves the stomach and goes into the small intestine. Be sure NOT to eat any food before then (and it is best to wait 5 to 6 hours)! It takes about 15 to 24 hours for the food to go through your entire digestive track depending on how well your system is working.

Nutrients are absorbed into the blood stream when they go through your small intestine. The large intestine, or colon, is the organ that stores waste until it is eliminated out of your body.

Now that you know a bit more about how your body works you can see how important it is you take care of it. Each system is important and if you hurt one part it affects other parts too. When you don't do the things that help prevent disease, the body starts to feel the way you have been treating it. What is the 6th Commandment? That's right, Thou shalt not kill. When we continue to harm our



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bodies but not living healthfully, we are killing them.

When we are sick it is hard to be happy. When we are sick it is hard to be good. When we are sick it is hard to help others. Can you see how if we are sick, we can't be effective Christians? Below is a pledge I would like you to think about. You will be learning more about the different things covered in the pledge as you go through this course. If you want to commit to this pledge I encourage you to sign the one in the front of this binder and post it on your wall. It will remind you why you are making choices based on principle over choosing what feels or tastes good.

**My Health Code:**

“In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health.

I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body. I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather. I should eat regularly of the most healthful

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# My Health My Body

food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so.

And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided--pure air, pure water, and the healing, precious sunlight.” *{Child Guidance pgs. 366-7}*

My body is Christ’s, purchased with the cross, and I am not at liberty to do what I please. I understand the laws of health, which God has established in my being, should be obeyed. And I will make practicing the laws of health my personal duty. *{Adapted from Child Guidance p. 367}*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Well, you sure learnt a lot about your body today! Let’s see how much you remember and understand with your assignment page.

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# My Assignment Page

*Assignment: Better Body Is Important*

Date \_\_\_\_\_

1. What system helps protect your body from getting sick?

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2. Describe how that system works:

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3. True  or False : Sugar helps the immune system fight disease.

4. Name two ways you can help prevent getting sick.

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5. True  or False : We should take care of our bodies because Jesus own's them.

6. What Bible verse talks about the bones and immune system?

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## ... My Assignment Continued

7. The smallest bone in your body is the stirrup bone. It is found in your \_\_\_\_\_

a. Foot

b. Finger

c. Ear

d. Nose

8. What is made inside your bones?

\_\_\_\_\_

9. True  or False : If we get too hot our body closes it's pores in the skin.

10. What are the two layers of skin. \_\_\_\_\_

a. thick and think

b. dermis and epidermis

c. outside and inside

11. Which ONE statement is true? \_\_\_\_\_

a. The heart and lungs work together to take oxygen to the whole body.

b. The veins carry oxygen from the heart to the muscles.

c. The arteries carry the blood back to the heart from the muscles.

d. The blood flowing in the veins is blue.

12. Name 2 things that can hurt your brain?

\_\_\_\_\_

\_\_\_\_\_

13. True  or False : I can protect by frontal lobe by reading my Bible.

14. Describe how the digestive system works:

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15. I need to chew my food because \_\_\_\_\_ (choose the best answer).

- a. It will get stuck in my throat even if the pieces are bite size.
- b. My stomach can't break down any food unless it is very tiny.
- c. My food needs saliva to help the stomach digest it.
- d. It will give me a tummy ache all day long.

16. Define obesity:

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17. True  or False : I should eat all day like a horse because I am not a carnivore like a wolf.

# ... My Assignment Continued

18. Through what organ do most nutrients enter your blood stream?

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19. True  or False : I should take care of my body because God will get mad at me if I don't.

20. Why should you take care of your body?

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21. Write a prayer that Jesus will help you make good choices so you can honor Him with your body.

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