

RESTORED™

Restore & Preserve Your Health

Children's Activity Sheet

Name: _____



REST

Our sleep habits can help our body fight real _____. When we only get _____ hours or less of sleep every night, we can easily catch a _____ compared to those who get _____ hours or more of sleep every night. When we get enough _____, we will have a _____ body to _____ the cold virus.

If we do not get _____ sleep, we will have trouble paying _____ to what other people say. It will also make it hard for us to stay _____ or feel happy. Instead, it can make us _____ grumpy.

Getting a good rest every _____ is just as important as getting a good rest every day. That's why God created the _____-day Sabbath, so we can get a balanced rest.



EAT WHOLESOME FOOD

Eating _____-based, wholesome food means that we include a variety of nourishing food taken from plant sources on our _____ each day. A plant-based meal prevents our bodies from getting sick from _____ diseases, cancer, and strokes.

We should stay away from eating or drinking too many _____ drinks, desserts and snacks, fruit _____, and processed grains and _____ because they can make us sick.

_____ are found in our food and are needed for our bodies to make _____ and keep the organs working properly so we can be _____.

Examples of nutrients are _____, which can be found in fruits and vegetables; _____, which can be found in legumes, nuts, and soymilk; and _____, which can be found in olive oil, seed oil, and avocado.

We also need _____, minerals, and trace minerals for our bodies to be healthy, heal, and _____.

SUNSHINE

The Sun makes energy, which is called _____ radiation, and it is the main _____ of energy for planet Earth. Without the Sun, plants will not _____, and without plants, there will be no oxygen that is needed for us to breathe and _____.

When our skin comes in contact with the sun's rays, our body makes Vitamin D so our _____ can develop and be healthy. Vitamin _____ also helps strengthen our _____ system, and we are able to control infections caused by viruses, _____, or any foreign invaders.

Ask your parents or an adult family member to walk with you outside for _____ minutes in the _____ sun and open the curtains so the _____ can come in.



TRUST IN DIVINE POWER

When scientists studied a few people who were ill with cancer, the scientists found that those who trusted in _____ and had very _____ support from their _____ and/or friends did well compared to those who did not _____ in God.

A wonderful _____ is guaranteed to those who put their trust in the Lord and _____ Him every day. They will be shown which direction to take so they can live a life full of _____, joy, and _____.

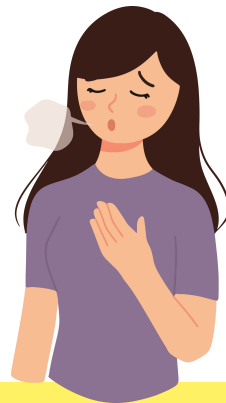


OXYGEN

People can survive up to _____ weeks without food and up to _____ days without water. But, after only _____ minutes without _____, the brain can be damaged permanently.

To breathe properly, our upper body should be kept _____ and _____.

The best air to breathe is in outdoor _____, such as mountains, lakes, and after a rainstorm that is free of air pollutants, like _____, cigarette smoke, or indoor _____ fumes from gas stoves and poor air circulation inside the _____.



RESTRAINT / SELF-CONTROL

In order for us to be healthy, we have to make the _____ choices every _____, and that includes saying “no” to allowing _____ substances to get into our bodies, whether through what we put into our _____ or what we inhale through our _____, or what we inject through our _____. We also have to remember that we should not use _____ much of anything that is good.

It is important to avoid substances that can cause damage to our bodies, like caffeine, alcohol, and tobacco. These can make us really _____ and prevent us from enjoying a long and healthy life. Say “_____” to harmful substances.



EXERCISE

To do well in life, our bodies have to _____ and do physical activities.

Walking is a great _____ because it causes our heart rate to go up, which makes our blood to flow nicely, and it can also lower our blood pressure.

_____ walking is excellent because it does not put too much pressure and tension on the _____ that are easily injured, such as the _____, knees, and ankles.

Other benefits of exercise include achieving a healthy _____ weight and promoting _____ naturally without the bad effects of _____. Ask your parents or an adult family member to help you exercise for at least _____ minutes daily.



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Health Ministries

Ontario Conference of
Seventh-day Adventists

adventistontario.org/ministries/health/

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DRINK WATER

Water makes up more than _____ of the human body weight. Without water, _____ on this planet will come to an _____. Our bodies use water to _____ properly, and it is used for many functions, like the movement of our joints or the pumping of _____ to the whole body by the heart.

If our bodies lose water more than we put in, we can experience _____, making us dizzy and weak.

Water is also important for our hygiene because it helps cleanse _____, grime, and waste products from the skin. The best liquid for the body is plain, _____ water. Drink between _____ to _____ glasses of water each day for good health.