

RESTORED™

Restore & Preserve
Your Health

Children's
Activity Sheet

ANSWER
SHEET

Name: _____



REST

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

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

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

EAT WHOLESOME FOOD

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

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

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

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

We also need **vitamins**, minerals, and trace minerals for our bodies to be healthy, heal, and **grow**.

SUNSHINE

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

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

Ask your parents or an adult family member to walk with you outside for **30** minutes in the **morning** sun and open the curtains so the **sunshine** 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 **God** and had very **good** support from their **families** and/or friends did well compared to those who did not **trust** in God.

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

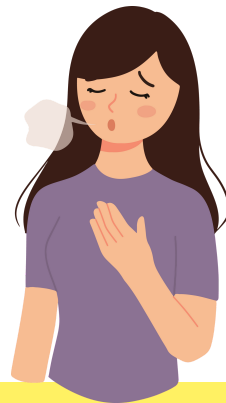


OXYGEN

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

To breathe properly, our upper body should be kept **straight** and **upright**.

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



RESTRAINT / SELF-CONTROL

In order for us to be healthy, we have to make the **right** choices every **day**, and that includes saying “no” to allowing **harmful** substances to get into our bodies, whether through what we put into our **mouths** or what we inhale through our **noses**, or what we inject through our **skin**. We also have to remember that we should not use **too** 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 **sick** and prevent us from enjoying a long and healthy life. Say “**no**” to harmful substances.



EXERCISE

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

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

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

Other benefits of exercise include achieving a healthy **body** weight and promoting **sleep** naturally without the bad effects of **drugs**. Ask your parents or an adult family member to help you exercise for at least **30** minutes daily.



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Health Ministries

Ontario Conference of
Seventh-day Adventists

adventistontario.org/ministries/health/

905-571-1022
1110 King Street East
Oshawa, ON L1H 1H8
Canada

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DRINK WATER

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

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

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