

HEALTH/TEMPERANCE:

Spirit of Prophecy – a mini lesson

- Main Idea/Supporting details
 - Read the quotation/references from a selection of EGW's writings on health.
 - determine the lesson/Main idea/Health tip that EGW is portraying using *Ministry of Healing*, and the *Adventist Home*.
- Writing/Opinion Essay
 - Choose one of the 8 health tips and write an opinion essay on it. (Do you agree? Why/Why not?)
- Grades 6 - 12 Research a concordance /Bible : find a text to substantiate these quotations.
- Grades 2-5, use the Text bank to correlate verses with the quotations.
- Writing Prompts for health/temperance:
 - *How does this quotation relate to your personal life? How can you improve based on what you have read in this tip?*
 - Will your salvation be impacted if you do not eat meat?
 - Is it a sin not to be a vegetarian?
 - Write an essay on the correlation of exercise and a healthy body.
- Persuasive Essay Prompt:
 - Some people are concerned that students are not as healthy as they should be. They think that regular exercise and information about good health habits are essential parts of an education. Therefore, some people want to require a daily physical education and health class for all students. *Write a persuasive essay stating whether or not you agree that all students should be required to take a daily physical education and health class. Give reasons why you think as you do.*
- **Report:** Educationally generated report that relates to the 8 health principles and publish in a literary forum.

- **Debate** - pros and cons of various health tips (Caffeine Debate), make a graph, persuasive essay.
- Design an exercise program.
- Design an Ad/Flyer promoting a healthy lifestyle (Use ideas from the 8 health tips).