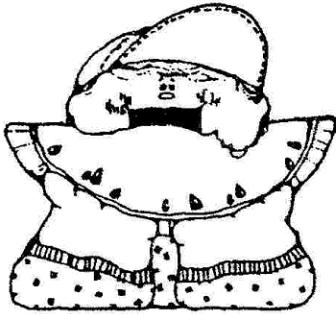


#16 - BUILD A HEALTHY BODY



And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary and shall walk and not faint.

D&C 89:18-20

PURPOSE: Learn the basics of good nutrition and what our physical body needs to be healthy.

PREPARATION:

Need magazines to cut out pictures for a food pyramid chart. Keep a small plant or flower away from sun and water for one or two weeks before this lesson is given.

SONG: "For Health and Strength," CS 21

LESSON: Show your family a plant that has not received water or sun for some time. Why is the plant wilted? Compare it to other plants that have been watered. Explain that every living thing needs water and the right foods to grow strong and healthy.

Our physical body is so important that Heavenly Father and Jesus have given us rules on how to keep our body healthy. These rules are called the Word of Wisdom. Read D&C 89:18-20 (or the whole section if your family is older).

The Word of Wisdom was given to Joseph Smith in 1833. At that time people did not have the information about nutrition we have today. It is interesting that almost every day scientists are making new discoveries about what is and is not healthy for us. Yet, we have had this information all along in the Word of Wisdom.

As a family cut food pictures from magazines to make a Food Pyramid. Be certain to include items for the: Bread & Cereal Group, Fruit Group, Vegetable Group, Meat Group, Milk Group, and Fats & Sweets. Set a family goal for one week to eat better balanced meals and healthier food. Put up your food chart as a reminder.