**GCCHM Leadership Certification\_\_\_**

**Level VI, Course #1**

**GOD’S DESIGN FOR HIGHLY HEALTHY CHILDREN**

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**(Handouts)**

1. What are the four wheels of Health? Briefly describe each in one sentence.

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1. TRUE or FALSE. Put a T in front of the statement that is True and a F in front of the statement that

 is false.

\_\_\_\_\_\_ a. A healthy eating plate should have proteins, whole grains, and fruits.

\_\_\_\_\_\_ b. Childhood obesity increases the risk of childhood diseases, such as Type 2 diabetes, high

blood pressure, and cardiovascular risks.

\_\_\_\_\_\_ c. It is not really necessary that children receive immunizations.

\_\_\_\_\_\_ d. 5 or more hours of TV is not likely to be linked to overweight.

\_\_\_\_\_\_ e. Love your child unconditionally and don’t discipline him/her.

1. Suggest some ways of building strong relationships with your children.

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1. Why is a spiritual foundation important for raising healthy children?

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1. Why is a healthy self-concept so essential for to good health?

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1. Examine Proverbs 22:6. What is it saying to you in terms of raising a highly healthy child?

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1. Cite some research studies about the importance of establishing a spiritual foundation.

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1. CIRCLE the things that contribute to a healthy child.

cigarettes outdoor activities MacDonald’s whole wheat bread

affirmation boundaries 5 hours of TV per day coping & adapting

anger friends community service self-esteem bullying

parental example talking & sharing drugs cleaning the beach worship

prayer punitive discipline mentors pessimism family night