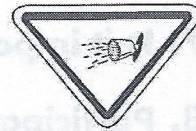


I Can Care for My Body

3

Earn the Hygiene Adventurer Award

Hygiene Award



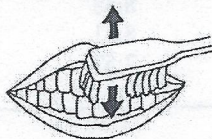
1. Find, read and discuss Psalm 119:11, 51:10, and 19:14.

2. Learn about personal cleanliness.

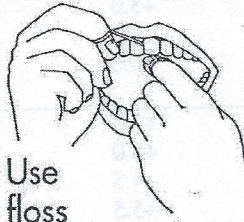
Personal cleanliness is important because _____

3. Discover three important times for washing your hands.

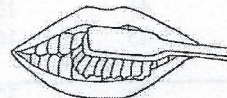
4. Practice proper brushing of teeth.



Up and down



Use floss



All teeth for two minutes

5. Discuss regular bathing and how to keep your hair clean.

I will bathe _____
I will _____

6. How many glasses of water should you drink daily?

7. Is it important to keep your clothing clean?

8. Participate in a recognized fitness test:
a. President's Challenge
b. An equivalent program

Suggestions for Parents or Leaders

Make this award fun by:

- building food group collages or sorting types of food into boxes.
- enjoying an exercise activity together in the sunshine and fresh air.
- having a healthy water-drinking contest.

Order the information for the fitness tests from:

President's Challenge
Poplars Research Center
400 East 7th Street
Bloomington, IN 47405

President's Challenge Qualifying Standards

Age Boys	Curl-Ups (in 1 minute)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit & Reach (centimeters)	1-mile Run (min./sec.)	Pull-Ups (number)
6	33	12.1	+3.5	31	10:15	2
7	36	11.5	+3.5	30	9:22	4
8	40	11.1	+3.0	31	8:48	5
9	41	10.9	+3.0	31	8:31	5
10	45	10.3	+4.0	30	7:57	6
Girls						
6	32	12.4	+5.5	32	11:20	2
7	34	12.1	+5.0	32	10:36	2
8	38	11.8	+4.5	33	10:02	2
9	39	11.1	+5.5	33	9:30	2
10	40	10.8	+6.0	33	9:19	3