

6. Explain why water is important for your body.

List the number of glasses of water you should drink each day. _____



7. Describe and illustrate good dental hygiene.



8. Name three things that may harm your health.



9. 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	Curl-Ups (in 1 minute)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit & Reach (centimeters)	1-mile Run (min./sec.)	Pull-Ups (number)
Boys						
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