

LEVEL 11 HEALTH 1-6

Learn the importance of proper nutrition, both spiritual and physical; types of nutrients; a balanced approach to exercise, diet, and weight loss.

Examine a Biblical view of tobacco, alcohol, harmful drugs, sexually transmitted diseases, AIDS, and mental and emotional health.

Gain valuable information on safety in six basic areas: home, transportation, job, school, personal safety, and safety for children.

Learn about basic first aid treatment and care such as bites, bleeding, burns, fractures, and choking, taking a temperature or pulse, and blood pressure reading.