



LIFE·PAC®

Health Quest

Student Book

Unit 2



Alpha Omega Publications®

HEALTH QUEST PENTATHLON LIFEPAC TWO CONTENTS

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HEALTH QUEST PENTATHLON: TWO

OBJECTIVES

Read these objectives. The objectives tell you what you should be able to do when you have successfully completed this Health Quest LIFEPAAC.

1. You will learn to differentiate between good thoughts and sinful thoughts.
2. You will learn why consequences must be considered when making a decision.
3. You will learn to list biblical ways to deal with unpleasant emotions.
4. You will learn to identify the best places to seek help for emotional problems.
5. You will learn the importance of listening.
6. You will learn the characteristics of a good friend.
7. You will learn to define what a clique is and explain how it can be harmful.
8. You will learn why parents and adults need to be respected.
9. You will learn about acne and its causes.
10. You will learn to explain why it is important to be clean.
11. You will learn how to prevent cavities.
12. You will learn to differentiate between nearsightedness and farsightedness.

VOCABULARY

Study these new words. Learning the meanings of these terms is a good study habit and will improve your learning success in this LIFEPAAC.

discerning The ability to judge information and determine whether it is true or not.

general revelation God's revelation of Himself in Creation.

consequence The result of an action or decision.

emotion A disturbance in the way a person feels.

personality The total of one's mental, emotional, physical and social characteristics.

discipline Instruction and training, sometimes reinforced with punishment.

sibling A brother or a sister.

peer pressure The influence friends exert on other friends.

clique A small group of friends that ignore others.

prejudice Passing judgment on someone before you know them.

keratin A protein found in nails and hair.

cuticle The thin layer of skin that covers the base of the nail.

farsighted The ability to see objects at a distance but not things that are close.

nearsighted The ability to see close objects but not things that are at a distance.

Introduction. Welcome back to Health Quest Pentathlon Camp. Chester and Esther will continue to be your HQP guides through this second LIFE PAC. We're excited that you completed LIFE PAC #1 and the 100-meter dash event. You are 1/5th of the way through the Health Quest Pentathlon.

Just like in the first LIFE PAC, before each HQP quiz you will find activities relating to what you've just learned. Doing these activities will earn you stickers that will complete the event in this LIFE PAC.

Take a few minutes now to read through the activities after each quiz. Knowing what the activities are will help you to plan ahead.

Completing each LIFE PAC event around the Health Quest Pentathlon track moves you toward the finish line! Work to join Chester and Esther as HQP finalists.

We look forward to coaching you through the second event in this Pentathlon competition. This event is the discus throw.

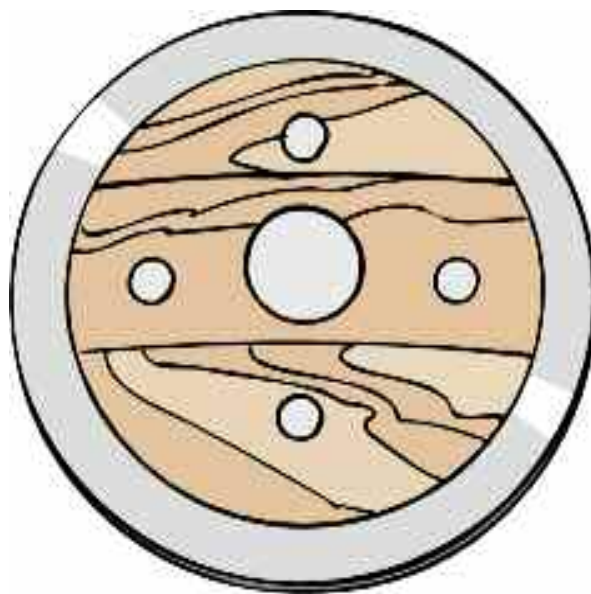
The discus is a steel-rimmed hardwood or metal platter that is thrown by athletes from within a marked circle of a little over 8 feet in diameter. The athlete must stay within the circle throughout the entire throw.

The actual discus measures over 8" in diameter and is just under 2 inches thick. It weighs about 4 and 2/3 pounds.

Women athletes hurl a discus that is smaller in dimension. The woman's discus measures 7 1/4 inches in diameter, is 1 1/2 inches thick and weighs 2 pounds 3 ounces.

The discus is held flat against the palm and forearm of the throwing arm. The athlete spins his body around rapidly in three turns, taking aim and propelling the discus outward with a whipping motion of the arm. Great precision is required to remain inside the designated area. Balance and strength are essential to propel the discus toward its mark. If the athlete steps outside the boundary circle, the throw is disqualified.

Discus throwing was included in the original Olympiad Pentathlon, along with javelin throwing, foot racing, broad jumping, and wrestling around the year 776 B.C. Other contests, including foot races for men clad in full armor, were later added to the program.



"Whew!! You blew by us at an incredible speed on the track!"



Discus throwing combines a lot of physical skill in a well-timed motion to achieve success. If all of the movements are not coordinated perfectly, the discus will not hit its mark.

Discus throwing is a lot like our health. Many things contribute to a healthy lifestyle like being healthy in our minds, our emotions, and in our relationships with our families and friends. Our own personal hygiene adds to our health as well—caring for our skin, hair, nails, teeth...well, you get the picture. We become healthy as we give attention to all these factors and choose to

do what is needed to maintain our bodies to the best of our abilities. Remember, we only get one body, and it needs to be well taken care of to last a lifetime!

On your Health Quest Pentathlon poster, locate the discus event.

As you move through the LIFEPAC activities, gold medal stickers earned will complete the discus portion of the Health Quest Pentathlon track. By the end of LIFEPAC 2, your discus thrower will be fully prepared for competition, and it will be time to move on to the third LIFEPAC and the next HQP event.

Just like any sporting or Olympic event, the Health Quest Pentathlon has guidelines for training. The training manual comes

straight from the Bible where God tells us about our bodies and gives us guidelines for use and care.



Complete Colossians 3:1-13

1.1 If ye then be _____ with Christ, seek those things which are above, where Christ sitteth on the right _____ of God.

Set your _____ on things above, not on things on the earth.

For ye are dead, and your _____ is hid with Christ in God.

When Christ, who is our life, shall _____, then shall ye also appear with Him in glory.

_____ therefore your members which are upon the _____; fornication, uncleanness, inordinate _____, evil concupiscence, and covetousness, which is _____:

For which things' sake the _____ of God cometh upon the children of _____:

In the which ye also _____ sometime, when ye lived in them.

But now ye also put off all these; _____, wrath, malice, blasphemy, _____ communication out of your _____.

_____ not one to _____, seeing that ye have put off the old man with his deeds;

And have put on the new _____, which is renewed in _____ after the image of him that _____ him:

Where there is neither Greek nor _____, circumcision nor uncircumcision, Barbarian, Scythian, _____ nor free: but Christ is all, and in all.

Put on therefore, as the elect of _____, holy and beloved, bowels of _____, kindness, humbleness of mind, _____, long-suffering;

Forbearing one another, and _____ one another, if any man have a _____ against any: even as Christ forgave you, so also do ye.



Complete this activity.

1.2 From this portion of Scripture, list below two activities you know you need to put off in your life and two you are challenged to put on:

<p style="text-align: center;">PUT OFF</p> <p style="text-align: center;">anger, wrath, malice, blasphemy, filthy language, lying</p>	<p style="text-align: center;">PUT ON</p> <p style="text-align: center;">tender mercies, kindness, humility, meekness, longsuffering, patience, forgiveness</p>
1.	1.
2.	2.



Adult check _____

Initial

Date



I. MENTAL AND EMOTIONAL HEALTH

What is Mental and Emotional Health?

Normally when we say that a person is healthy, we are talking about their body. But a person’s total health includes more than physical health. Health includes a person’s emotions, social skills, mental state, and spiritual condition. To say that a person is healthy is to say that in all areas of life he has reached a state of well being.

Each of these elements of health affects the other. For example, have you ever been

worried about some big event in your life? It wasn’t too long until you developed a headache or maybe a stomachache. Your physical health was changed by your emotional and mental health.

A person’s mental and emotional condition can have profound effects on a person’s overall health. The effects can be for better or for worse. A person’s mental and emotional health can be used to describe the state of their soul or their inner man.



“Al Oerter, an American discus athlete, became the first person in the world to win the Olympic gold medal in the same event for four consecutive games. This means that for 16 years he was the discus event gold medalist!!”

Mental health deals with what a person thinks about. Emotional health deals with feelings. How you think and feel directs the way you behave. The Word of God must keep your heart and your mind in check.

Mental and emotional health is reached by a sincere trust in God. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6,7).

Thoughts and the Christian. What were you thinking about before you started to read this LIFEPAK? Were you thinking about a friend? Were you thinking about a game that you like to play? Would you call it a good thought or a bad thought? Or are you not sure? What goes on inside of our heads is very important. In Philippians 4:8, the apostle Paul tells Christians, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things

are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."



Answer true or false.

- 1.3 _____ Health includes a person's emotions, social skills, mental state, and spiritual condition.
- 1.4 _____ A person's mental and emotional condition does not affect his overall health.
- 1.5 _____ The way you think and feel has no effect on the way you behave.
- 1.6 _____ Mental and emotional health is reached by a sincere trust in God.



Thinking Right. Can you imagine owning the world's fastest and smartest computer but the only thing you used it for was to play simple games? That is what happens to our minds. Albert Einstein estimated that we only use about 2% of our brains. That

means we waste 98% of our brains. Imagine what could be done if we took the time to use the brains that God has given us. Diseases could be cured, planets could be explored, beautiful works of art could be created, and new technologies could be

developed. It is true that a mind is a terrible thing to waste. One way to be good stewards of the bodies that God has given us is to stretch our minds. It is easy to sit on the couch and watch television. It takes some effort to read a book or study the stars through a telescope. Like the athlete that works hard to develop his body, there will

be rewards for taking the time to develop your mind.

King Solomon, the wisest man that ever lived, said, "How much better is it to get wisdom than gold! and to get understanding rather to be chosen than silver!" (Proverbs 16:16).



 **Complete the word search puzzle.**

1.7 Find the words listed below that describe what the Christian should think about.

True	Noble	Just
Pure	Lovely	Good Report
Virtue	Praiseworthy	

K	Z	X	E	U	I	O	O	P	D	A	S	D	F	G
T	E	R	T	F	Y	K	L	U	I	G	O	P	K	L
R	L	Z	C	V	B	N	M	K	L	O	U	I	R	E
U	Q	O	P	R	A	I	S	E	W	O	R	T	H	Y
E	W	E	V	R	T	Y	U	I	O	D	P	A	S	D
A	S	Z	D	E	A	G	F	J	K	R	L	P	T	B
C	V	B	N	M	L	I	O	H	Y	E	E	N	D	R
W	E	R	T	Y	U	Y	I	O	P	P	D	O	L	J
M	N	B	V	C	X	A	S	D	F	O	G	B	D	Q
H	P	J	E	J	U	S	T	W	B	R	V	L	O	N
P	U	E	S	D	F	G	W	X	C	T	V	E	B	N
Y	R	U	Q	Z	X	D	E	U	I	O	O	U	R	E
V	E	T	V	I	R	T	U	E	P	E	A	C	E	R
J	I	L	O	Y	E	R	C	P	R	A	I	T	T	U
K	N	O	B	L	Q	R	U	E	L	I	K	T	O	I





Learning More. Ever wondered what a family dinner in Tunisia would be like? Ever wondered where Tunisia is? Today you can find out just about anything in a couple of minutes. The Internet has given us access to so much information. But what are we to do with this information? The old saying goes, "Don't believe everything you read." This is true. Not everything that is on the Internet or printed in books is true. So how do we know what is true and what isn't?

A Christian must be very discerning. Discerning means being able to evaluate information to judge whether it is true or not. The Bible is God's revelation of truth to us about man, God, and the world. Therefore, everything that we learn should be held up to the light of God's Word.

For example, the Bible reveals essential truths about the creation of the universe. One of the truths is that God created the universe. If you read that an accidental explosion created the universe millions of years ago, you know that statement is false. It contradicts the Word of God. You can also know that it is false because it contradicts a law in nature. Energy cannot be created or destroyed.

As Christians, we should not be afraid to

learn more about the universe. We should want to learn more about God's universe. God has revealed Himself in Creation. This kind of revelation is called "general revelation." From the simple fact that $2 + 2 = 4$ to the intricate workings of the human eye, all of Creation points to its Creator. In Isaiah 6:3 it says, "The whole earth is full of His glory."

Johannes Kepler was a bold Christian in the field of science. He knew that any truth that was to be discovered about the universe was God's truth. He said, "Science is only thinking God's thoughts after Him." Learning was exciting to him, and learning can be exciting for you. The world is an interesting place and it contains so much more to be discovered.

Making Right Choices. Try and count how many choices you have made today. You've made a lot, haven't you? Life is full of choices. Some of those choices are very serious, and some of those choices are simple. As you mature, you will have to make choices that will affect the rest of your life. The choices might involve things like where you will go to college, what kind of job you want, whom you are going to marry, and where you will live. Those future choices also might involve what books you read, what movies you watch, and what kind of music you listen to.

All choices need to be made in the light of God's Word. A decision should be made in the following way:

1. Look at the consequences of the decision.
2. Think things through.
3. Make a decision.
4. Take the responsibility for the consequences.

With every choice you make, there is a consequence. If you make the choice to go to college, there will be consequences. One of the consequences is that you will be faced with a lot of hard work. Another one of the consequences is that you will be more able to get the profession that you want. Taking responsibility for a decision and its consequences is the important thing.

Handling Your Emotions. If a close friend asks how you are doing, how do you respond? What you probably will do is check to see how you feel inside. Emotions are disturbances in the way we feel. If you don't feel sad, angry, or afraid you will probably say, "I'm okay." But what does feeling "okay" mean? Does it mean that you are emotionally healthy?

Emotional health can be described in a number of ways. Some say that it is the absence of sadness or distress. Others say that it is looking at the world and your circumstances with an assurance that everything will come out okay. In a world full of sinful people and uncertainty, being emotionally healthy or happy might seem impossible. But as Christians we have hope. The Bible says, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law" (Galatians 5:22-23).

As Christians we have the Spirit of God dwelling inside of us (Romans 8:9). That means that we can be emotionally healthy. We can feel love, joy, and peace.

But what's going on when as a Christian you feel sad, angry, or afraid? Should you be concerned that maybe you are not a Christian because you feel that way?

Christians are not perfect. God changes us as we grow spiritually. Emotions like sadness, anger and fear can be a result of our sinful nature that we must still deal with. Paul tells us in Ephesians 4:31 to "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice."

But how do we put these strong emotions away? Sometimes it feels like we have no control over our emotions. God says to use your mind to deal with your emotions. Think about your situation. Consider that your God is mighty and that He cares for you. If you become angry with a family member, then think about why you are angry before you say or do anything. Are you angry because of a wrong they did to you or because you just didn't get your way? If they wronged you,



then obey Matthew 18:15 and go talk to them about it. If your selfishness was the cause of your anger, then confess your sin to God and trust that He will give you what you need. Many pleasant emotions can be found when you "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5,6).



Match these items by writing the correct letter in the blank.

- 1.8 _____ Being able to evaluate information to judge whether it is true or not
- 1.9 _____ Given to us to deal with our emotions
- 1.10 _____ To be thought about before making a decision
- 1.11 _____ Another term used for Creation
- 1.12 _____ The standard for truth
- 1.13 _____ All Christians have this dwelling inside of them
- 1.14 _____ Disturbances in the way we feel
- 1.15 _____ Helpful verse when dealing with a brother or sister that has wronged you

- a. general revelation
- b. discerning
- c. consequences
- d. God's Word
- e. emotions
- f. Spirit of God
- g. Matthew 18:15
- h. mind



Emotional Disorders. At times, Christians face emotional problems that are overwhelming for them to deal with on their own. Some people have a problem in their body or a chemical imbalance that causes them to feel extreme emotions. They can feel really down or depressed without a reason, or they can feel very happy and excited. To help control these extreme emotions, they might need to take medication. If you know someone who is having severe emotional problems, see that they get help. If their situation is serious enough, they could do harm to themselves or someone else.

Where to Get Help. The first place to turn for help is the Lord. The Bible says, "Casting all your care upon him, for he careth for you" (1 Peter 5:7). There is no better guide to go to when dealing with our emotions than the God who made us. When we read His Word and pray to Him, we begin to see things from His point of view. We can find great comfort and peace when we are reminded who is in control of our circumstances.

Parents and family members are also good places to get help. Believe it or not, your parents were once your age. They went through some of the same things that you are



"Al Oerter overcame countless physical obstacles to retain his Olympic title."

going through right now. They understand what you are feeling, so don't be afraid to go to them for help. Ask them to share how they handled these things when they were your age. Never feel ashamed that you need help. We all need others to help and encourage us to live the Christian life.

Pastors and Christian counselors are also people that you can turn to for help. They have been trained to help God's people apply the Word to their lives. Helping people your age is just as important to them as helping adults.



Fill in the blank with the correct answers.

- 1.16 Some people have a problem in their body or chemical imbalance that causes them to feel _____ emotions.
- 1.17 The _____ place to turn for help is to the Lord.
- 1.18 "Casting all your care upon _____, for he _____ for you."
(I _____ 5:7)
- 1.19 _____ and family members are good places to get help.
- 1.20 We all need others to help and _____ us to live the Christian life.
- 1.21 Pastors and Christian counselors are people that you can turn to for _____.

HEALTH QUEST PENTATHLON ACTIVITIES

You make hundreds of choices every day. Many are small like what color of shirt to wear today. Other choices you make may be large like choosing to remember to park your bike in the garage instead of leaving it in the driveway where it could get run over. Choices you make sometimes affect only you, but the majority of choices you make

also affect others. Every choice that you make has some sort of consequence.


When you have completed these three HQP activities, you will be awarded a gold medal sticker to place next to the discus thrower on your Health Quest Pentathlon Track. Congratulations—and keep on making right choices!



Complete these activities.

- 1.22 List the choices you remember making from the time you woke up this morning until you started your schoolwork. This should include decisions about what to wear, what to eat for breakfast, how to leave your bedroom, etc. Determine the consequence of your choice. In light of the consequence of your choice, indicate if your choice was positive or negative. An example has already been given for you.

Choice Made	Consequence	Positive/Negative
<i>Decided not to make bed.</i>	<i>Mom got upset. Lost privilege to play.</i>	<i>Negative</i>

 Adult check _____

An area each of us struggles with is our thought life. Do you sometimes have fearful, negative, or distressful thoughts? Philippians 4:8 gives us a clear guideline about what thoughts to think: "Finally, brethren, whatsoever things are true, whatsoever things

are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

1.23 Write out this verse on a 3x5-inch index card and post it by your desk, bed or a favorite place, then memorize and recite the verse to a parent or teacher.



Adult check _____

Initial

Date



Usually our emotional health is affected by many factors. One known factor that improves our emotional health is regular physical play, outdoor activities and exercise.

1.24 Do an inventory of your favorite games, outdoor activities and playthings.

- **List your 3 favorite games to play outside.** Next to the game, tell the next time you'll be able to play each game. For example: *Soccer – will play a game on Saturday.*

1. _____

2. _____

3. _____

- **List your 3 favorite outdoor activities.** Next to each one, tell the next time you'll be able to do this activity. For example: *Go swimming – too cold right now.*

1. _____

2. _____

3. _____

- **List your 3 favorite indoor activities.** When you play inside, what things do you like to play with? Next to each item, list when you'll get to play next. For example: *Legos – play today after school.*

1. _____

2. _____

3. _____

- **Consider:** After listing these, what do you think? Do you have fun outdoor activities to look forward to? If not, it may be time to develop a new interest or hobby. List below a couple of ideas you have about activities you'd like to pursue. Share these with a parent and try to get started on a new activity as soon as possible. You'll find that all of life seems brighter!



Adult check _____

Initial

Date



Review the material in this section in preparation for the Self Test. The Self Test will check your mastery of this particular section. The items missed on this Self Test will indicate specific areas where restudy is needed for mastery.

SELF TEST 1

directs
God
mental
trust

emotional
health
parents
affects

extreme
Lord
think

Fill in the blanks with the correct answers from the words above (each answer, 3 points).

- 1.01 _____ includes a person's emotions, social skills, mental state, and spiritual condition.
- 1.02 Your _____ and _____ condition can have profound effects on your overall health.
- 1.03 How you _____ and feel _____ the way you behave.
- 1.04 Mental and emotional health is reached by a sincere _____ in _____.
- 1.05 Some people have a chemical imbalance that causes them to feel _____ emotions.
- 1.06 The first place to turn for emotional help is the _____.
- 1.07 Talking to _____ and family members is a good way to get emotional help.

Circle the correct answer to complete each sentence (each answer, 3 points).

- 1.08 The apostle Paul in Philippians 4:8 tells Christians, "Finally, brethren, whatsoever things are [**true, false**], whatsoever things are [**honest, dishonest**], whatsoever things are [**just, unjust**], whatsoever things are [**pure, unpure**], whatsoever things are [**lovely, ugly**], whatsoever things are of [**good report, evil report**], if there be any virtue, and if there be any praise, [**think on, ignore**] these things."
- 1.09 [**Evil, Natural, Good**] thoughts can be defined as those thoughts that tempt us to violate God's law.
- 1.010 [**Discerning, Emotional, Understanding**] means being able to evaluate information in order to judge whether it is true or not.
- 1.011 God's revelation found in Creation is called [**special, general**] revelation.
- 1.012 All choices need to be made in the light of [**your own mind, God's Word, your friends' opinions**].
- 1.013 When making a decision, you should consider the [**consequences, emotion, good things that can happen**].

- 1.014 [Thoughts, Emotions, Consequences] are disturbances in the way we feel.
- 1.015 According to Romans 8:9, as [humans, Christians, Americans] we have the Spirit of God dwelling inside of us.
- 1.016 God says to use your [mind, heart, body] to deal with your emotions.
- 1.017 [Pastors, Strangers, New friends] and Christian counselors are people that you can turn to for help.

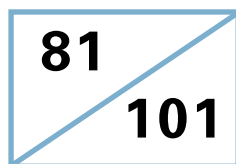
Fill in the blanks with the correct word (each answer, 1 point).

Colossians 3:5-8:

1.018 _____ therefore your _____ which are upon the earth; fornication, _____, inordinate affection, evil concupiscence, and _____, which is _____: For which things' sake the _____ of God _____ on the children of _____: In the which _____ also _____ sometime when ye _____ in them. But now ye also must put off all these; _____, wrath, _____ blasphemy, _____ communication out of your mouth.

Colossians 3:12-13:

Put on therefore, as the _____ of _____, holy and _____, bowels of _____, kindness, humbleness of mind, meekness, _____; Forbearing one _____, and _____ one another, if any man have a _____ against any: even as _____ forgave you, so also do ye."



My Score _____
 Adult check _____
 Initial _____ Date _____