

Horizons

Health

Grade 4

Student Workbook



NAME: _____

God Knows Who I Am

Look up the Bible verses (NIV) to fill in the blanks or use the words in the word bank to complete the crossword puzzle. (Hint: Count the number of letters in each word. Start with the longest words.)

Word Bank

become	guard	rescue	saints	searched	sinful	understand
birth	know	righteousness		sin	thanks	want

Psalm 139:1: "O LORD, you have _____ me and you _____ me."

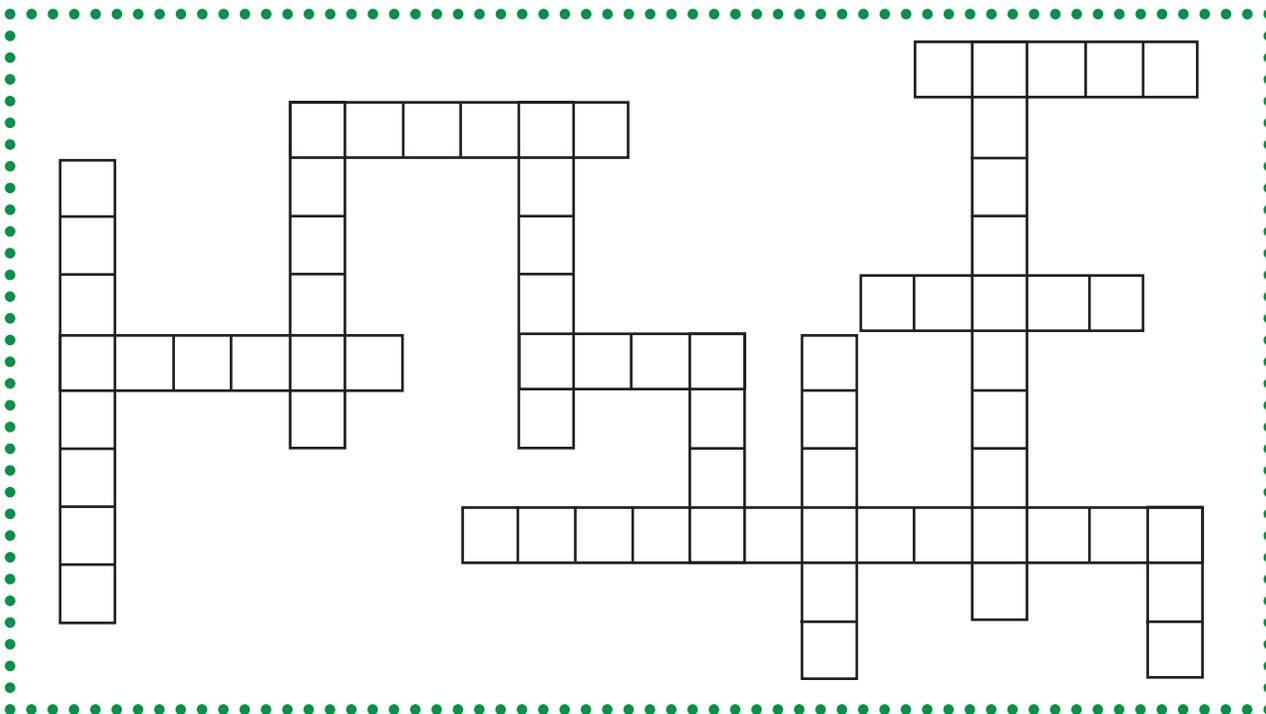
Psalm 51:5: "Surely, I was _____ at _____."

Romans 7:15: "I do not _____ what I do. For what I _____ to do I do not do, but what I hate I do."

Romans 7:24-25a: "Who will _____ me from this body of death? _____ be to God...through Jesus Christ our Lord."

2 Corinthians 5:21: "God made him who had no _____ to be sin for us, so that in him we might _____ the _____ of God."

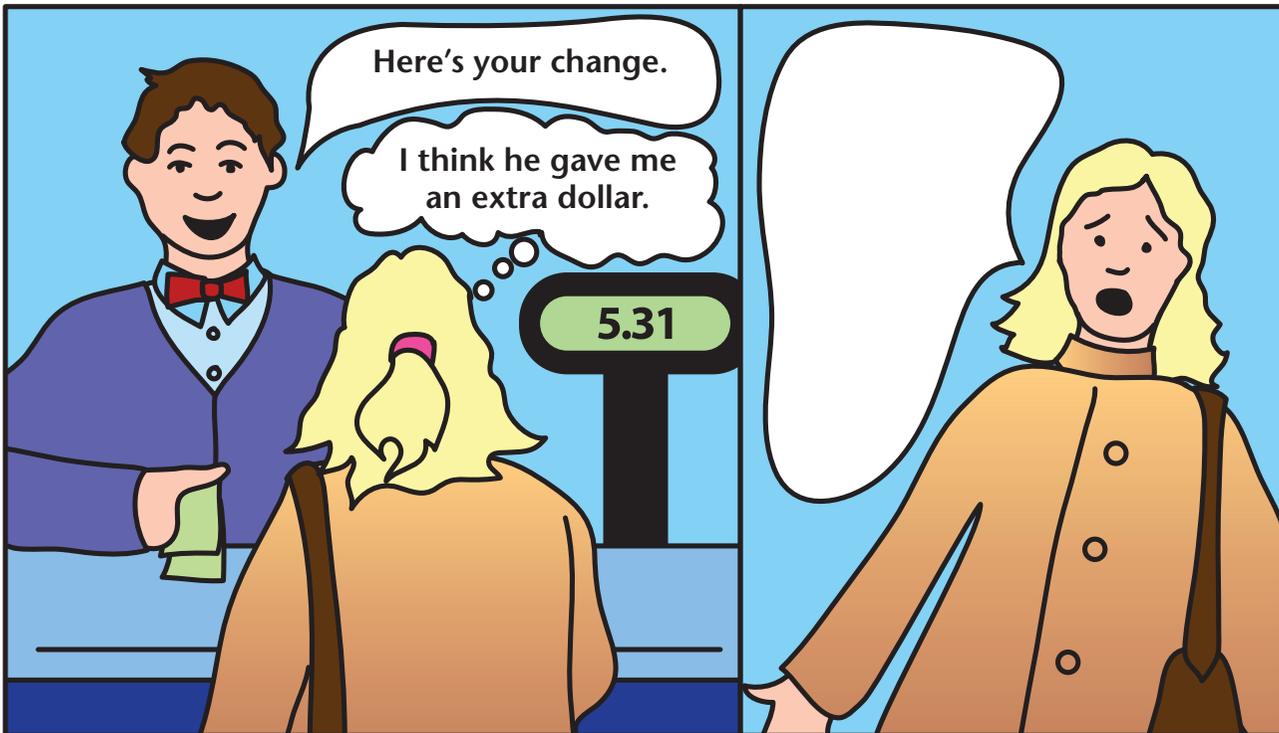
1 Samuel 2:9: "He will _____ the feet of his _____."



NAME: _____

What Would You Decide?

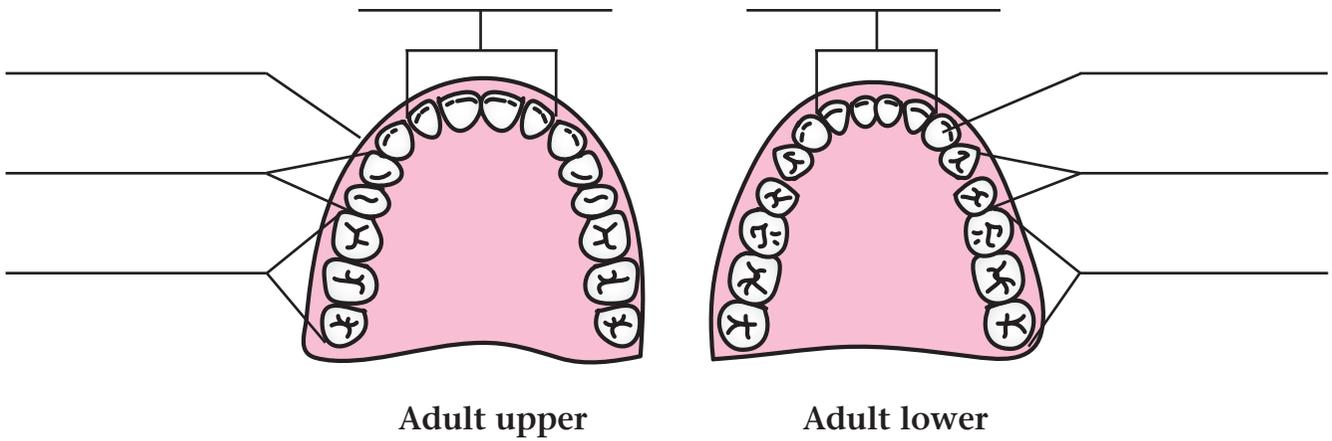
Read each cartoon. What decision would you make? Follow the steps for making decisions. Keep God's tests in mind. Then fill in the empty word balloon. Be ready to explain why you made the decision.



NAME: _____

Four Kinds of Teeth

You have four kinds of teeth in your mouth. Label the types of teeth shown below.



Word Bank

bicuspids

canines

incisors

molars

NAME: _____

How Did Leo Do Today?

Here is a list of what Leo ate in one day. Read over the list and then answer the questions below.



Breakfast

slice of toast
milk

Lunch

donut
orange juice
candy bar

Dinner

meatballs
rice
green beans

Snacks

potato chips
milk

- How much did Leo have of each of the five food groups?
 _____ grain group
 _____ fruit group
 _____ vegetable group
 _____ milk/yogurt/cheese group
 _____ meat & beans group
- How many foods did Leo eat that are considered fats or sweets? List them below.

- Which groups does Leo need more of? How much more?

- Suggest foods that could make Leo's list provide a balanced daily diet.

NAME:

Cigarettes: Behind the Smoke Screen

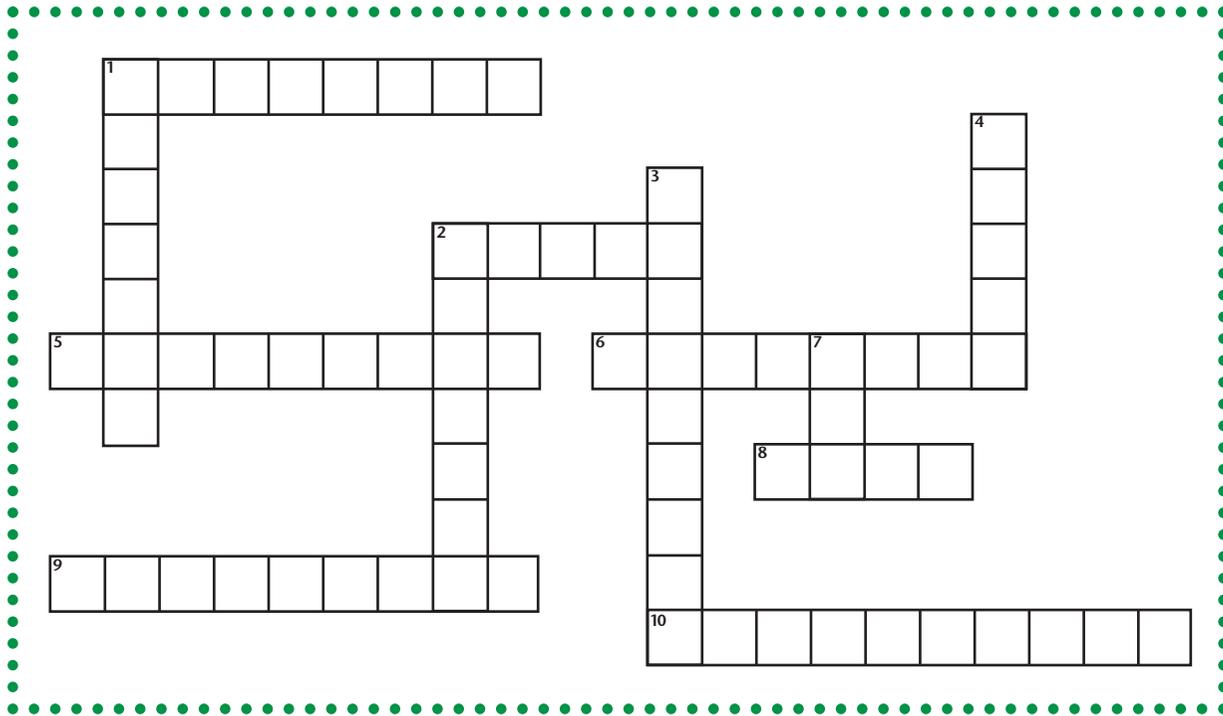
Read what some people have to say about smoking. Decide if you agree or disagree with them. Put a check in the right box.

	Agree	Disagree	Don't Know
1. Smoking relaxes people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Most people smoke, so it can't be that bad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. People who don't smoke usually live longer than people who do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Other people's smoking won't hurt me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nicotine in cigarette smoke makes the heart beat too fast.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Smoking aggravates emphysema and bronchitis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Cigarettes are not as harmful as pipes and cigars.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Smoking helps you lose weight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Many long-term smokers have a cough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. More people than ever are kicking the smoking habit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NAME: _____

Drug Safety Puzzle

Use the clues to complete the puzzle.



Across

- When a person comes to depend on a drug and can't live without it, he or she is _____ .
- Tiny hairs in the body that keep dust and germs out of the lungs.
- When people take a drug for a long time, their bodies need more and more of the drug. This is called _____ .
- Drug in tobacco that makes the heart work much faster than normal.
- A substance other than food that changes the way the body works.
- Drugs used to prevent or treat sickness or to stop pain.
- A sickness in which people come to depend on alcohol.

Down

- A drug found in beer, wine, and liquor.
- A powerful drug made from the cocoa plant.
- A drug that makes it hard for people to learn and remember.
- To use a drug in ways that harm one's health.
- A brown substance in tobacco smoke that sticks to the lungs and harms them.