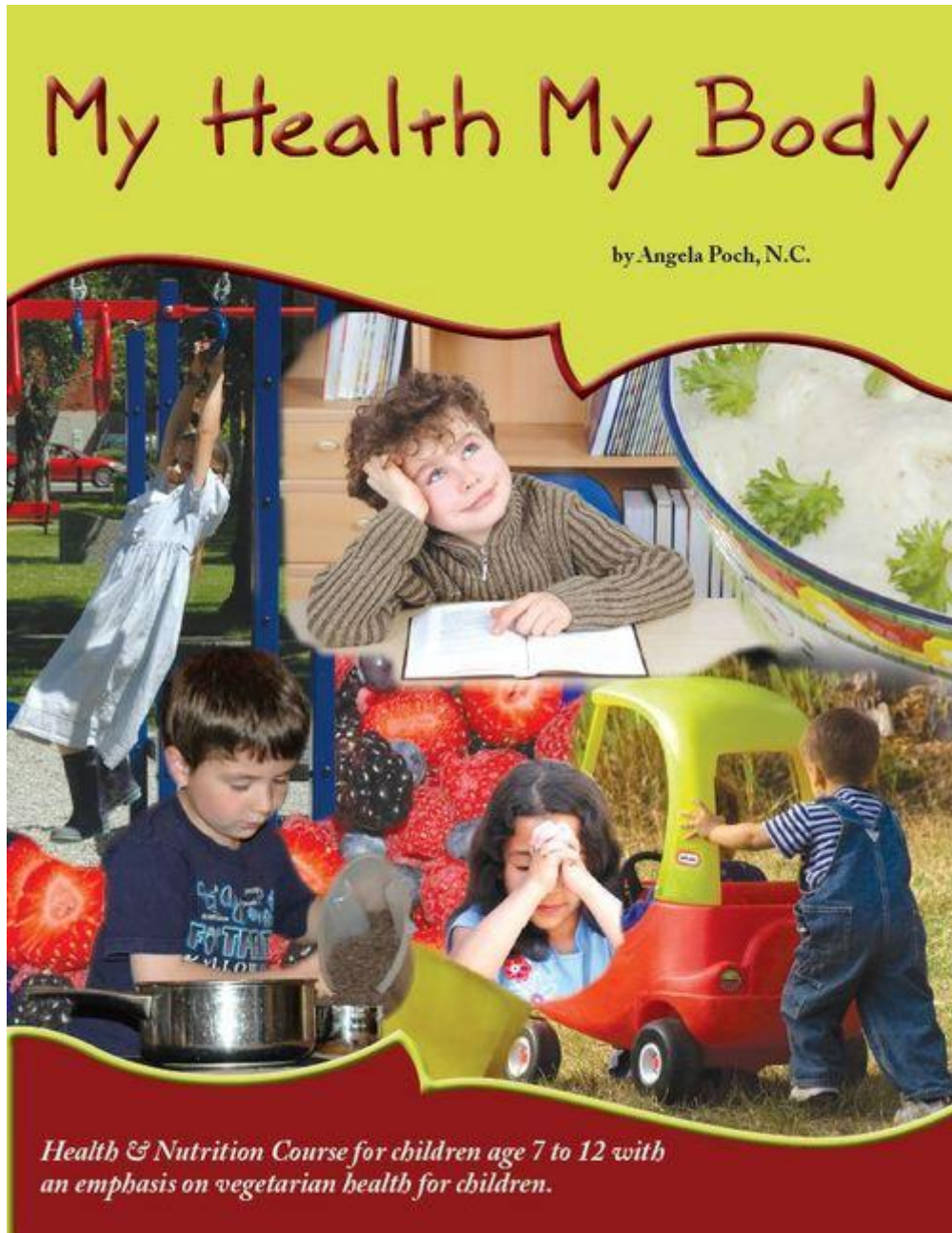


Childrens Health Course



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This complete health course for children age 7 to 12 is sure to help home-schoolers and vegetarians alike, from a creation perspective it is good for all diets not just vegans or vegetarians. Full of information on exercise, sunshine, water, and mental health this easy to use course will teach your kids how they can affect their own health by their choices. The 8 chapters include: A Better Body is Important My Mind Makes My Moods Making My Muscle Move Fabulous Foods that Feed Me Water Within & Without Super Sunshine & Ample Air Slumbering Sleep Taming Tom with Temperance Each of these chapters covers a

health principle in depth and has an assignment at the end of each chapter. There is also a final exam for those who wish to use this as a school project.

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