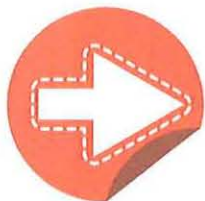


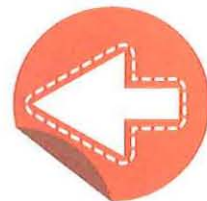


# Meeting 8

I Can Care  
for My Body



Here are three fun ways you can teach Busy Bees about how God wants them to care for their bodies. Adapt them to meet the needs of your Busy Bees or use your own activities.





The following activities partially fulfill the requirement for Myself III: I Can Care For My Body, which is to complete the Health Specialist award. See the Busy Bee Activity Book for accompanying worksheet(s).

## ACTIVITY

# 1

## Proper Diet

20  
MINUTES

### WHAT YOU DO

To make a food guide spinner, divide a round, heavy weight piece of paper or cardboard into pie slices. Label (pictures are helpful for nonreaders) each slice as one of the food groups of healthy eating. For the spinner, draw and cut out an arrow to lay across the middle of the cardboard circle. Poke a hole through the middle of the circle and the arrow, then secure them together with a brass paper fastener.

### MATERIALS NEEDED

- Bananas, sliced
- Frozen berries
- Apple juice
- Index cards
- Pens
- Markers
- Blender
- Heavy weight cardstock or cardboard
- Pictures representing food groups
- Brass paper fastener

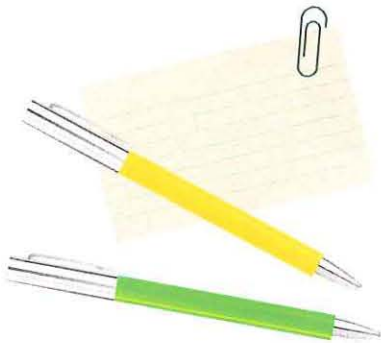
### TIP

Need help with food groups? Try these sites:

- [choosemyplate.gov](http://choosemyplate.gov) (United States)
- [hc-sc.gc.ca](http://hc-sc.gc.ca) (Canada)
- [vegetariannutrition.org/food-pyramid.pdf](http://vegetariannutrition.org/food-pyramid.pdf) (vegetarian)

Ask each child to spin once and discuss the foods in the category they land on and the benefits of the foods. Be aware of food allergies and any special diets of your Busy Bees. Ask the children to identify their favorite foods in each category.

Have each child draw the smoothie ingredients on their index cards. An adult can help them write the names and nutrition information. Have each child make their own smoothie or a healthy snack of your choice.



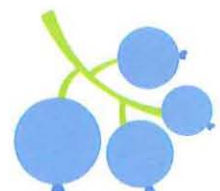
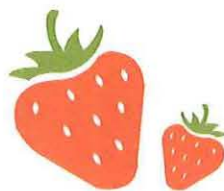
### Sample smoothie recipe

1 banana, sliced

1 ½ cups (315 g) unsweetened berries, frozen

1 cup (229 g) unsweetened apple juice

Combine all ingredients in a blender and process until smooth.





# Fresh Air

15  
MINUTES

## WHAT YOU DO

Begin by discussing where air is used in your body and where it goes when you breathe. Ask the children to observe how their bodies move when they breathe. Direct them to place their hands on their diaphragm and feel it move while they breathe in and out. Practice exhaling by seeing how long each child can keep a feather in the air by blowing on it. Practice inhaling by having each child suck on a straw to hold a bead on the end of the straw and move it to a bowl.

Next have the children place several fat drops of paint anywhere on the paper. Then have them blow on each paint drop to move the paint around the page. The paint should run and make designs on the paper as the children blow. If needed, gently dry with a hair dryer.

## 2 ACTIVITY

### MATERIALS NEEDED

- Feathers
- Straws
- Large beads (the beads should be large enough that they cannot be sucked into the straw)
- Bowls
- Paper, 12 × 18 in (30.5 × 46 cm)
- Tempera paint, watered down to the consistency of water
- Containers for paint
- Hair dryer





## ACTIVITY

# 3

## Water

# 10

MINUTES

### WHAT YOU DO

Ahead of time: Cover the work area with newspaper.

Start by giving the children dry sponges and ask them to wipe the dry table. Did they accomplish anything? Spill water on the table and ask them to try again. Which works better? Explain that their bodies also work better when they drink enough water. Discuss their daily water needs.

Give each child a piece of construction paper, then set plates of paint in the middle of the table for the children to share. Each plate should have one color of paint on it with at least one sponge per color. Have the children place the sponge flat in the paint, then have them press the sponge onto their paper. Repeat until the paper is covered in sponge prints.

### MATERIALS NEEDED

- Sponges
- Water
- Precut sponges in various shapes
- Tempera paint
- Paper plates
- Construction paper, 12 × 18 in (30.5 × 46 cm)
- Smocks
- Hair dryer
- Newspaper



**Award:** Health Specialist

To complete this award, check the requirements on p. 128 and add activities as needed.



**Requirement:** My Self III