

HEALTH AND FITNESS

“Temperance” is abstaining from those substances and actions that are harmful and using moderately and carefully those things that are good.

How can one have a Temperance life just as Daniel in **(Daniel chapter 1)**

- As we ask, God through His Spirit guides us in the choices we make
- We first choose to serve Him.
- We choose to say NO to Satan.
- As we ask Him, God gives us the power to resist temptation.
- We choose to eat and drink those things that are healthful in a way that will honor God.
- We choose not to eat or drink anything that would be harmful.
- We choose to allow God to guide us in all our daily activities.

Temperance pledge



- Realizing the importance of healthy body and mind,
- I _____ promise, with
- the help of God, to live a Christian life of true temperance
- in all things and to abstain from the use of tobacco,
- alcohol, and any other narcotic.

■

■ _____

■ SIGNATURE

■ _____

DATE

REQUIREMENT 2

Learn the principles of a healthful diet and engage in a project preparing a three-day menu

Day	vegetarian	Non-vegetarian
Day 1	Breakfast <ul style="list-style-type: none">• Cereals with Milk• Banana• Orange Juice Lunch <ul style="list-style-type: none">• Boiled Irish Potatoes• Fried Eggs• Water• Apple Dinner <ul style="list-style-type: none">• Mushroom soup• Chappatti• Fruit Juice	Breakfast <ul style="list-style-type: none">• Cereals with Milk• Banana• Orange Juice Lunch <ul style="list-style-type: none">• Rice and Chicken• Salad• Water• Apple Dinner <ul style="list-style-type: none">• Spaggetti]• Meat Balls• Water
Day 2	Breakfast <ul style="list-style-type: none">• Warm Milk• Brown Bread and eggs• Orange Juice Lunch <ul style="list-style-type: none">• Nsima with beans• Fish• Water Dinner <ul style="list-style-type: none">• Chips• Saladi• eggs• Fruit Juice	Breakfast <ul style="list-style-type: none">• Warm Milk• Brown Bread and eggs• Orange Juice Lunch <ul style="list-style-type: none">• Nsima with beans• Fish• Water Dinner <ul style="list-style-type: none">• Chips• Saladi• eggs• Fruit Juice
Day 3	Breakfast <ul style="list-style-type: none">• Rice porridge• Apple Juice	Breakfast <ul style="list-style-type: none">• Rice porridge• Apple Juice

	<p>Lunch</p> <ul style="list-style-type: none"> • Vegetable curry • Water • Pawpaw <p>Dinner</p> <ul style="list-style-type: none"> • Nsima • Soya balls and ntololo • Salad • Pineapples 	<p>Lunch</p> <ul style="list-style-type: none"> • Pumpkin Leaves • Beef • Pawpaw <p>Dinner</p> <ul style="list-style-type: none"> • Nsima • Chicken and ntololo • Salad • Pineapples
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