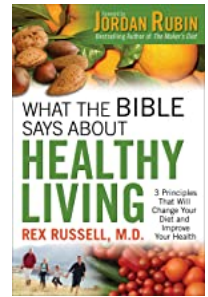


Health and Nutrition Overview

Health and Nutrition class will rely on two reading resources: 1) *What the Bible Says About Healthy Living* by Dr. Rex Russell M.D. and 2) a notebook of journal / printed web articles that I will provide on the first day of class. We will complete many lab activities in the areas of microbiology, chemistry and anatomy including several organ dissections. Our goal will be to learn to take care of our bodies and to study what the Bible says about this subject. Some of the subject matter will include whole grains, food additives, healthy vs. unhealthy fats, sweeteners, cardiovascular health, natural remedies, probiotics, illness prevention, water, and several social issues (how the Bible addresses them).



The class also includes a research project which is something the students work on throughout the year. I will check up on their progress periodically to be sure they are not “waiting until the last minute” We will also go over all the details for the project in class.

Grades for this class will be based on their homework assignments, lab write-ups, tests, and research project (25% for each). Parents can be confident in counting this as a high school science credit with a full lab component (over 20 lab activities).

Moms are welcome to sit in on class as long as they don't get too chatty in the peanut gallery =)

In the past, this class has been lots of fun . . . the preparation for this class is crazy =). My hope is that each student will make at least one or two, permanent changes in their lifestyle to achieve better health and that they will have a better understanding of the marvelously designed human body.

Moms . . . you are always welcome to visit class. Please contact me with questions or concerns at tellthetruthinisci@gmail.com

You are ultimately your child's teacher and sometimes adjustments have to be made to suit individual students. . . this is not a problem! My goal is to help them not only LOVE science but to love learning; remembering that each student has unique learning styles, strengths and weaknesses.