 

Friend

Health & Fitness Worksheet

E-Curriculum Camp

**Health and Fitness**



*The purpose of this section is to learn the general principles of temperance and good*

*health and how they lead to the development of a strong mind and body.*

**1.**

**a.** Discuss the temperance principles in the life of Daniel.

You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.



Summarise the discussion by answering the questions:

What is temperance?

List five thing we should abstain from

1.

2.

3.

4.

5.

List five things we should do in moderation

1.

2.

3.

4.

5.

What was the problem Daniel and his friends faced?

Why did Daniel want to be careful with what he ate?

What alternative did he offer?

What was the result?

**My Temperance Pledge**

Signed ………………………………………………………….