



HEALTH QUEST PENTATHLON LIFEPAC FIVE CONTENTS

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HEALTH QUEST PENTATHLON: FIVE

OBJECTIVES

Read these objectives. The objectives tell you what you should be able to do when you have successfully completed this Health Quest LIFEPAK®.

1. You will learn to explain why Christians should practice responsible habits for preserving and protecting the environment.
2. You will learn to explain how the environment can affect health.
3. You will learn to identify sources of air, water and land pollution.
4. You will learn how you can stop further pollution in your own household.
5. You will be able to name some ways in which drugs are used properly.
6. You will learn to list the five types of drugs and their effects.
7. You will be able to explain the long- and short-term effects of alcohol abuse on the body.
8. You will be able to describe tobacco's harmful effects on the body.

VOCABULARY

Study these new words. Learning the meanings of these terms is a good study habit and will improve your learning success in this LIFEPAK.

addiction The state of being totally overcome by the desire for something, particularly a drug.

biodegradable Waste that will decompose naturally without causing harm to the environment.

consume To eat or drink.

drug A chemical substance that is taken to change bodily functions.

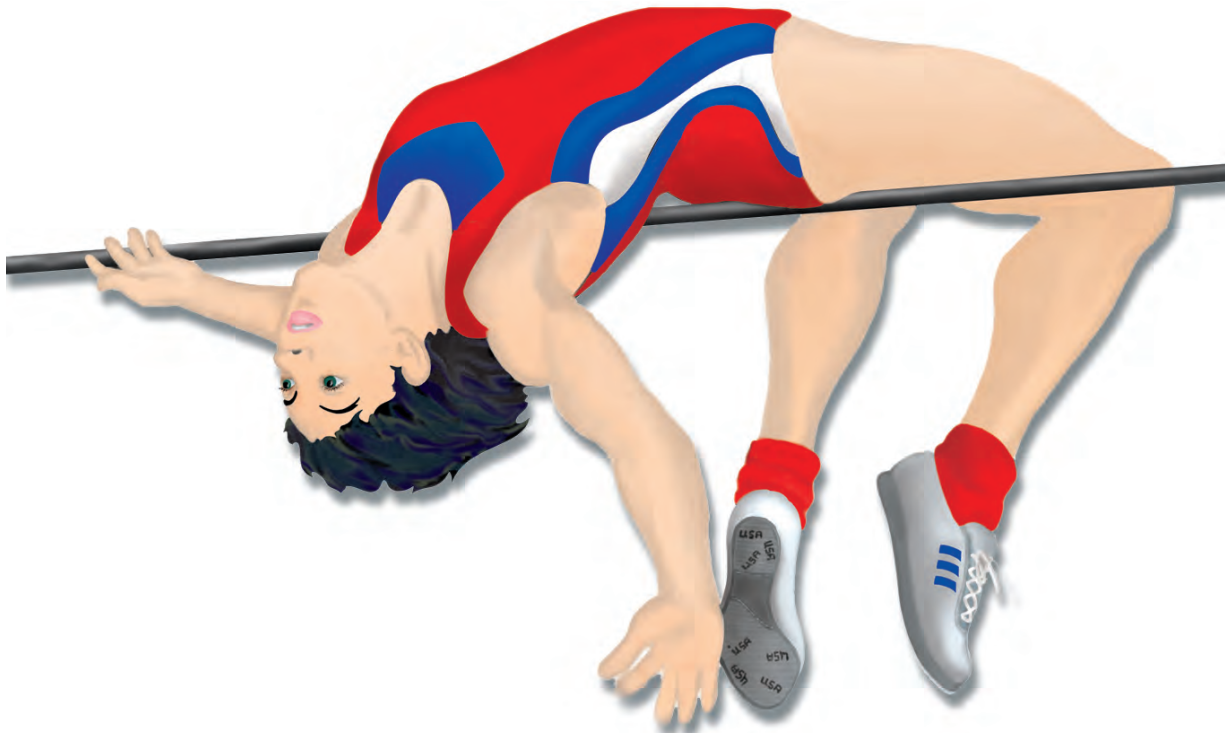
inhabitant A person or animal that lives in a particular place.

intoxication Drunkenness.

Introduction. Welcome back!! Can you believe it? You've arrived at the last track event. You've successfully completed the 100-meter dash, the discus throw, the hurdles, and the long jump. You've made it

4/5 of the way around the track! Are you ready for your fifth and final event?

Esther and Chester are over at the track right now. Let's join them at the high jump pit where the fifth LIFEPAAC event will take place.



The high jump event dates back to about 1840. It was not one of the original events in the ancient games. Athletes competing in the high jump event train to defy gravity as they leap over a crossbar set at increasingly higher standards. Once a height is cleared, the bar is raised higher until the jumpers are gradually eliminated as they fail to achieve the new height. Each athlete is given three attempts to clear each height.

The athletes who choose to compete in this event must combine multiple strengths to achieve such heights. They must stay keenly aware of their entire body throughout the jump to avoid knocking the bar down and disqualifying themselves. Speed, power, self-control, and the ability to relax while in the midst of the jump are all key factors to achieving great heights in this event.

So, how does this event prepare you for the life up ahead of you? Obeying the Lord and seeking to fully glorify Him will require great strength over the course of your life.

Just like the athlete training in the high jump, self-control of both your body and soul will be required. You will need to keep close watch over your attitudes and actions, your words and your thoughts. Coordinating all of the mental and physical actions at once in order to gracefully leap over the crossbar will be your challenge again and again. You will face high jump challenges in your life in your relationships with others, in your studies and, eventually, in God's calling. Careful training now can prepare you to attain great heights in the future.

Before each HQP quiz in this LIFEPAAC, you will find activities relating to what you've just learned. Doing these activities will earn you stickers that will complete the event in this LIFEPAAC.

Locate the high jump event on your Health Quest Pentathlon poster. As you move through the LIFEPAAC activities, you will earn stickers to complete your circuit around this portion of the track.

By the end of LIFEPAK 5 and completion of the activities, your high jumper will be fully prepared for competition and you will have officially completed the Health Quest

Pentathlon. You will have arrived at the finish line and will be ready to enter the winner's circle. Work to join Chester and Esther as HQP finalists.



Complete Genesis 1:26-31.

1.1 "And God said, Let us make _____ in our _____, after our likeness: and let them have dominion over the _____ of the _____, and over the _____ of the air, and over the _____, and over all the earth, and over every _____ thing that creepeth upon the _____.

So God _____ man in his own image, in the image of _____ created he him; _____ and _____ created he them.

And God _____ them, and God said unto them, Be _____, and multiply, and replenish the earth, and _____ it: and have dominion over the _____ of the sea, over the fowl of the _____, and over every _____ thing that _____ upon the earth.

And God said, Behold, I have given you every _____ bearing seed, which is upon the face of all the earth, and every _____, in the which is the fruit of a tree yielding seed; to you it shall be for _____.

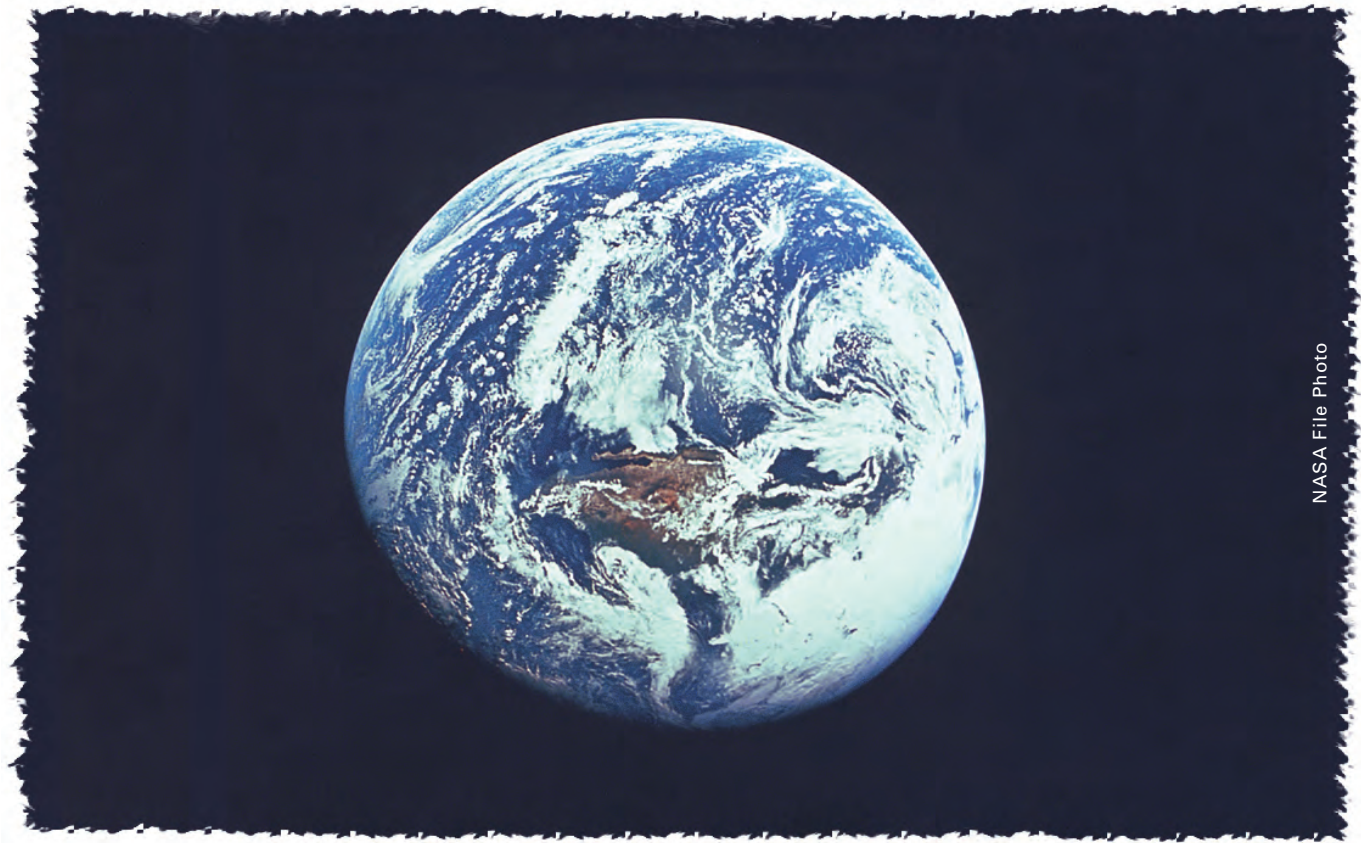
And to every _____ of the _____, and to every fowl of the _____, and to every thing that _____ upon the earth, wherein there is _____, I have given every _____ herb for _____: and it was so.

And _____ saw every thing that he had made, and, _____, it was very good. And the _____ and the _____ were the sixth _____."



Adult check _____

I. STEWARDSHIP OF GOD'S CREATION



Environment and Health. Why did God make us responsible? The condition of the environment greatly effects the health of its inhabitants. Pollution in the environment affects living things. For example, if the soil is polluted with harmful chemicals, the plants will not grow, and if the plants do not survive, then the animals that eat them will also die. Think of the animals you love. God has made you responsible to care for the earth so that they can live without being poisoned by the environment around them. By preserving and protecting the environment, we protect them and ourselves. With a healthy environment comes healthy plants, healthy animals, and healthy people.

The Air You Breathe. Breathe in. Breathe out. Your body needs oxygen to function properly. The air you breathe contains oxygen. Today, you will breathe in and out about 2,000 gallons of air. That's a lot of air, but air is not purely oxygen. There are

many other types of gases and particles in the air or *atmosphere*. Some of these gases and particles can be harmful to your health. The presence of harmful substances in the earth's atmosphere is called air pollution. It is important that we find ways to reduce air pollution because good quality air is so vital to our health.

The Atmosphere. The atmosphere is a combination of gases that encases and protects the earth. It is made up of five layers, and each of the different layers varies in temperature, composition, and height.

The *troposphere* is the first layer of the earth's atmosphere. All of the earth's living things and all weather conditions exist within this layer. It reaches 5–10 miles up from the earth's surface.

The *stratosphere* is the next layer, ranging from 5–30 miles above the earth. The Concorde and some military planes can fly within this layer. A layer called the ozone is