

Tutor: Jessica Hall
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Grade Level: 9th-12th

Year Theme: *“So, whether you eat or drink, or whatever you do, do all for the glory of God.”*
– 1 Corinthians 10:31

Course Description: This class will follow Abeka books on nutrition and health, focusing on approaching life and the world from a Christian perspective. This will include high school level readings and class discussions on: alcohol and tobacco, illegal drugs and sexually transmitted diseases. Nutrition will be a dual focus in this class, and will concentrate on practical applications of nutrition in a student’s life including: meal prepping and planning, food demonstrations of healthy meals to prepare, and many discussions about how to best take care of YOUR body and glorify the Lord.

“I praise you, for I am fearfully and wonderfully made.” – Psalm 139:14

Prerequisites: None

Supplies Required: Binder, paper, books listed below

- **Monthly class cost:** \$8.00 per week
- **Materials Fee:** \$15.00 (each semester)

Minimum # of students: 6

Maximum # of students: 15

FLDOE Course Number:

#0800300- Life Management Skills

#8801100- Nutrition

Book List:

1. *Health in a Christian Perspective* by Abeka

2. *Life Management Under God* by Abeka

