

**LIBERTY LIBERAL ARTS ACADEMY**  
**Health & Nutrition**

**Teacher:** Ana Russell

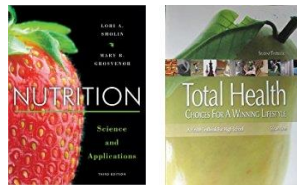
**Grade Levels:** 6-12 Grade

**Minimum Class Size:** 6 students

**Teacher's Compensation:** \$270.00 annually payable in 9 monthly installments of \$30

**Semester Supply Fee:** \$25 per semester

**Curriculum Needed:** Textbook required, student must wear gym attire and shoes. Books can be found on christianbooks.com or amazon.com



Nutrition Science and Applications 3<sup>rd</sup> Edition (Used or Rent), DO NOT BUY THE 4<sup>TH</sup> ED. TOO EXPENSIVE!  
by Lori A. Smolin and Mary B. Grosvenor,

**ISBN-13:** 978-1118288269

**ISBN-10:** 1118288262

Total Health Choices for a Winning Lifestyle, by Susan Boe (Paperback or Hardcover)

**ISBN-13:** 978-1583312261

**ISBN-10:** 1583312269

**Additional Supplies Needed:** Notebook, gym shoes, Binder/Folder for handouts

**Class Description:** Students will learn the necessary life skills for physical, mental, emotional, and spiritual health with a biblical scripture-based approach. Life application lessons such as meal planning, daily diet/nutrition requirements, staying healthy, shopping healthy and the science of how those choices affect our bodies will all be discussed in a hands-on, activity-based environment.

This class meets High School Health requirements but teaches so much more! Activities and skill reviews will be given. There will be one major project per semester.