

Twice Born Ministry

HS-K-35-HEA-101: Health, Nutrition & Safety

Course Code: HS-K-35-HEA-101

Credit Hours: 0

King James Version (KJV) — Sola Scriptura Curriculum

Generated 2026-07-03

Course Description

HS-K-35-HEA-101: Health, Nutrition & Safety

Course Description

Food groups, exercise science basics, first aid intro, and body stewardship from a biblical worldview.

Core Knowledge facts + honest secular framing + biblical conclusions. Part of the **Twice Born Bible School

Homeschool K-12 **track (grade band 3-5**)**.

Course Details

Learning Outcomes

Upon completion, students will be able to:

Master Core Knowledge objectives for this subject at the 3-5 level.

State relevant secular views fairly when applicable.

Test claims by Scripture (Isaiah 8:20) and conclude biblically.

Complete module quizzes at 70% or higher (parent proctor allowed).

Demonstrate readiness for the next grade band or college catalog bridge courses.

Module Structure

9 modules (~4 weeks each). Each includes exposition, activities, memory work, parent check-in, and aligned quiz.

Tutor AI

[tb_ai_instructor course_code="HS-K-35-HEA-101"]

Twice Born Bible School — Homeschool K-12 Track

Course Modules

HS-K-35-HEA-101 — Module 1: Body Systems Overview

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 1 of **Health, Nutrition & Safety**. This unit covers **Body Systems Overview** using Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Body Systems Overview**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Body Systems Overview**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Body Systems Overview**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- • Timeline or outline
- • Module quiz

Memory Work

- Two verses

- • Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Body Systems Overview** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_01_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 2: Nutrition and Food Groups

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 2 of **Health, Nutrition & Safety**. This unit covers **Nutrition and Food Groups** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Nutrition and Food Groups**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Nutrition and Food Groups**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Nutrition and Food Groups**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Nutrition and Food Groups** in their own words?

- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_02_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 3: Exercise and Fitness

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 3 of **Health, Nutrition & Safety**. This unit covers **Exercise and Fitness** using Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Exercise and Fitness**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Exercise and Fitness**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Exercise and Fitness**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Exercise and Fitness** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_03_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 4: Germs, Hygiene, and Immunity

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 4 of **Health, Nutrition & Safety**. This unit covers **Germs, Hygiene, and Immunity** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know** → **Test** → **Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Germes, Hygiene, and Immunity**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Germes, Hygiene, and Immunity**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Germes, Hygiene, and Immunity**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses
- • Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Germes, Hygiene, and Immunity** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_04_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 5: First Aid Basics

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 5 of **Health, Nutrition & Safety**. This unit covers **First Aid Basics** using Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **First Aid Basics**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **First Aid Basics**:

- • Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **First Aid Basics**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **First Aid Basics** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_05_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 6: Sleep and Mental Health

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 6 of **Health, Nutrition & Safety**. This unit covers **Sleep and Mental Health** using Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Sleep and Mental Health**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Sleep and Mental Health**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised? How does this change how we view **Sleep and Mental Health**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Sleep and Mental Health** in their own words?

- Can they state one secular idea AND one biblical conclusion?

- Complete quizzes/module_06_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 7: Substance Awareness (Age-Appropriate)

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 7 of **Health, Nutrition & Safety**. This unit covers **Substance Awareness (Age-Appropriate)** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Substance Awareness (Age-Appropriate)**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Substance Awareness (Age-Appropriate)**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Substance Awareness (Age-Appropriate)**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Substance Awareness (Age-Appropriate)** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_07_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 8: Safety Online and Offline

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 8 of **Health, Nutrition & Safety**. This unit covers **Safety Online and Offline** using Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Safety Online and Offline**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Safety Online and Offline**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Safety Online and Offline**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Safety Online and Offline** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_08_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

HS-K-35-HEA-101 — Module 9: Health Action Plan

Grade band: 3-5 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 9 of **Health, Nutrition & Safety**. This unit covers **Health Action Plan** using Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Health Action Plan**: key terms, dates, names, and concepts appropriate for grade band 3-5. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Health Action Plan**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Health Action Plan**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Two verses

- Five vocabulary terms with definitions

Parent Check-In

- Can your child explain **Health Action Plan** in their own words?

- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_09_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101

Twice Born Bible School — Homeschool K-12

Appendix A — Assignments

Week 01

Week 01 Assignment — Reflection Journal

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_01_body_systems_overview

Learning objective (Bloom's taxonomy)

Students will **analyze** course content from **module_01_body_systems_overview** with KJV integration and measurable evidence in the submission.

Task

Analyze: Write a 300–500 word reflection on **module_01_body_systems_overview**. Include at least two KJV citations and one personal application.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, systems, overview

Week 02

Week 02 Assignment — Memory Verse Application

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_02_nutrition_and_food_groups

Learning objective (Bloom's taxonomy)

Students will **apply** course content from **module_02_nutrition_and_food_groups** with KJV integration and measurable evidence in the submission.

Task

Apply: Recite this week's memory verse from memory, then write 250 words explaining how it applies to daily discipleship.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, nutrition, groups

Week 03

Week 03 Assignment — Expository Outline

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_03_exercise_and_fitness

Learning objective (Bloom's taxonomy)

Students will **outline** course content from **module_03_exercise_and_fitness** with KJV integration and measurable evidence in the submission.

Task

Outline: Produce a structured outline (400+ words) for the main passage in **module_03_exercise_and_fitness**. Include pericope titles and one-sentence themes.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, exercise, fitness

Week 04

Week 04 Assignment — Discussion Response

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_04_germs_hygiene_and_immunity

Learning objective (Bloom's taxonomy)

Students will **explain** course content from **module_04_germs_hygiene_and_immunity** with KJV integration and measurable evidence in the submission.

Task

Explain: Answer two discussion prompts from the Week 4 reading in 200 words each. Cite KJV only.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, germs, hygiene

Week 05

Week 05 Assignment — Practical Ministry Step

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_05_first_aid_basics

Learning objective (Bloom's taxonomy)

Students will **demonstrate** course content from **module_05_first_aid_basics** with KJV integration and measurable evidence in the submission.

Task

Demonstrate: Complete one practical ministry action tied to **module_05_first_aid_basics** (visit, prayer walk, family worship, or service). Submit a 200-word report plus optional photo upload.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Manual review (practical/upload).

Pass: 70%

Rubric (100 points)

Week 06

Week 06 Assignment — Witness Outline

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_06_sleep_and_mental_health

Learning objective (Bloom's taxonomy)

Students will **construct** course content from **module_06_sleep_and_mental_health** with KJV integration and measurable evidence in the submission.

Task

Construct: Draft a 3-minute spoken witness outline using this week's theme. Include gospel bridge, one objection with biblical answer, and call to faith.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, sleep, mental

Week 07

Week 07 Assignment — Cross-Reference Study

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_07_substance_awareness_age_appropriate

Learning objective (Bloom's taxonomy)

Students will **compare** course content from **module_07_substance_awareness_age_appropriate** with KJV integration and measurable evidence in the submission.

Task

Compare: Find three cross-references that illuminate **module_07_substance_awareness_age_appropriate**. Write 400 words comparing themes (OT + NT).

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, substance, awareness

Week 08

Week 08 Assignment — Historical Context Brief

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_08_safety_online_and_offline

Learning objective (Bloom's taxonomy)

Students will **describe** course content from **module_08_safety_online_and_offline** with KJV integration and measurable evidence in the submission.

Task

Describe: Write 350 words on historical/literary context for **module_08_safety_online_and_offline**. Minimum four KJV citations.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, safety, online

Week 09

Week 09 Assignment — Christological Connection Essay

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_09_health_action_plan

Learning objective (Bloom's taxonomy)

Students will **evaluate** course content from **module_09_health_action_plan** with KJV integration and measurable evidence in the submission.

Task

Evaluate: Explain how **module_09_health_action_plan** points to Christ in 400–600 words. Use literal-grammatical-historical method.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, health, action

Week 10

Week 10 Assignment — Teaching Prep

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_09_health_action_plan

Learning objective (Bloom's taxonomy)

Students will **design** course content from **module_09_health_action_plan** with KJV integration and measurable evidence in the submission.

Task

Design: Prepare a 5-minute teaching outline for **module_09_health_action_plan** suitable for a small group or homeschool lesson.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, health, action

Week 11

Week 11 Assignment — Integration & Review

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Week focus: module_09_health_action_plan

Learning objective (Bloom's taxonomy)

Students will **synthesize** course content from **module_09_health_action_plan** with KJV integration and measurable evidence in the submission.

Task

Synthesize: Synthesize the top five themes from Health, Nutrition & Safety. 600 words, minimum six KJV citations, one paragraph on personal growth.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, health, action

Week 12

Learning objective (Bloom's taxonomy)

Students will **create** an original ministry artifact synthesizing Health, Nutrition & Safety with KJV fidelity and scholarship-gallery quality.

Week 12 Assignment — Creative Ministry Project

Course: HS-K-35-HEA-101 · Health, Nutrition & Safety

Complete your Creative Ministry Project. See course `creative_project.md` for full specs.

Grading

Grading mode: Manual review (creative upload).

Pass: 70%

Rubric (100 points)

Creative Ministry Project

Creative Ministry Project — HS-K-35-HEA-101

Course: Health, Nutrition & Safety

Code: HS-K-35-HEA-101

Overview

Complete an original **Creative Ministry Project** demonstrating what you learned in this course. Select one project type when submitting your assignment. Approved work may appear in the [Scholarship Gallery](<https://twicebornministry.com/bible-school/scholarships/>) so supporters can **donate toward student scholarships** — you retain credit and ownership of your work.

> This is ministry education, not a sale of intellectual property. Donations fund scholarships.

Project types

Requirements

Original work — cite all Scripture in KJV; footnote other sources.

Course connection — explicitly tie your project to at least two module themes from HS-K-35-HEA-101.

Ministry focus — aim to edify believers or reach seekers with the gospel.

Upload — submit via the **Creative Ministry Project** assignment at the end of the course; select your project type in the form.

Length guides:

- Written: 800–1500 words
- Audio/Video: see durations above
- Photography: 1–3 images + caption
- Application: working prototype + 300-word user guide

Grading rubric (100 points)

Pass: 70%

Scholarship gallery

If your project is approved, it may be listed at /bible-school/scholarships/ with a **Support this student** donation button. Supporters give toward the scholarship fund for your project type — not to purchase your content.

Prayer

> *"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."* — Psalm 19:14 (KJV)