

# THE OFFICIAL HOMO SAPIENS OPERATOR'S MANUAL: MAINTAINING YOUR HOMO SAPIENS EQUIPMENT



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# 1

## PREVENTIVE MAINTENANCE

When we keep our Homo sapiens body tuned and serviced regularly, we feel more comfortable and confident “driving” it.

### HEALTHY BODIES

**Worksheet:** *None*

1. Draw two boxes on the board or a large sheet of paper. Label one “car” and the other “body.”
2. Have learners brainstorm things that will keep a car running well. Some suggestions include *take it to the mechanic; use high quality gasoline; avoid working it too hard*. Write all of the suggestions in the “car” box.
3. Ask learners what things they have to do to keep their body healthy. Give some suggestions. Answers may include *eat nutritious foods; avoid drugs and alcohol; don't smoke*.
4. Encourage learners to point out similarities in the lists.

### PREVENTIVE MAINTENANCE (POSTER)

**Worksheet:** *Page 43*

**Learner's Workbook:** *Page 2*

Using the list from the previous activity, instruct learners to make a poster on page 43 of this manual and page 2 of the Learner's Workbook. When everyone has finished, have each learner hold up his artwork and let the class guess which item he chose.

**“Every human being is the author of his own health or disease.”**

—*Buddha*



## **RESPECT YOUR EQUIPMENT: TUNE UP**

**Worksheet:** *Page 44*

**Learner's Workbook:** *Page 3*

1. Explain to learners that being a responsible Homo sapiens simply means eating pure, wholesome, fresh food and behaving in ways that give you peace of mind and make you feel good about yourself. Select a volunteer to read the following:

Taking responsibility for your own health means giving up the passive role of spectator and participating in maintaining your physical health. It means not waiting around helplessly to see what illness or condition strikes you next and then relying completely on medical science to pull you through. Instead, learn what foods and behaviors contribute to health and make the necessary changes. You see your partnership with your doctor (or “mechanic”) as a joint effort because you are both interested in the same result—your good health.

When you understand that you're responsible for maintaining your body, you own it in a way you never could before. When you start giving it the quality preventive maintenance it deserves, you not only increase its efficiency, you feel better and your engine runs as smoothly as it was designed to run. Taking good care of your Homo sapiens vehicle is a way to jump-start your self-esteem and maintain your mental and physical well-being.

2. Ask learners to think of things they can do as “preventive maintenance.” Have them list these things on page 44 of this manual and page 3 of the Learner's Workbook. Select volunteers to share their lists when everyone has finished.

## **SERVICE CHECKLIST**

**Worksheet:** *Page 45*

**Learner's Workbook:** *Page 4*

1. Inform learners that using the right fuel is the foundation of good maintenance. We service our Homo sapiens vehicle each time we sit down to fill up, but self-maintenance doesn't stop with eating right. It also includes exercise, rest, stress management, and the development of positive thinking and high self-esteem. These are the minimum service requirements for Homo sapiens under average conditions. If we operate under hostile or extreme conditions, such as a polluted environment or high stress, special steps should be taken.
2. Select volunteers to read page 45 of this manual and page 4 of the Learner's Workbook. Ask learners to think of other ways that they can keep their Homo sapiens body in top form.

## OLDIES BUT GOODIES

Worksheet: Page 46

Learner's Workbook: Page 5

1. Explain to learners that even though some people throw up their hands and accept that their later years will be marked by cancer, coronary heart disease, Alzheimer's disease, arthritis, diverticulosis, diabetes, or other conditions linked with old age, there is no reason that we have to start falling apart, mentally or physically, at any particular age.

Further, if we spent as much time caring for our health and well-being as we did surfing the Internet, watching television, playing video games and going to the movies, we would be powerhouses of energy. We would live to a ripe old age, avoid disease and constant discomfort, and probably enjoy our work and the people in our lives more as well. Good maintenance practices are the key to living a long, healthy, happy, and productive life, and they are within our power to do every day at no cost and with very little effort.

2. Ask learners to think of an elderly person who is still active. Have them write a paragraph about that person on worksheet page 46, Learner's Workbook page 5, and share it with the group.

## GOOD AND BAD HABITS

Worksheet: None

1. Explain to learners that good maintenance comes from practicing good habits. Eliminating bad fueling patterns, stress, and other negative patterns may not happen overnight. It can take time and effort to change, but the rewards are worth it.
2. Write the word "habit" on the board or a large piece of paper. Under the word, draw a happy face and a sad face. Have learners suggest good and bad habits and write them in under the appropriate face.
3. Randomly assign a bad habit to each learner. Give out sheets of paper and instruct the class to write down an excuse someone might use to justify that habit (for example, *I smoke because it is too hard to quit; I eat fast food because I don't have time to cook healthy food*). Have learners switch papers with their neighbor and then write an answer for that excuse (*Try the nicotine patch to help you quit smoking; Cook all the food you'll need for the week on Sunday so that you only have to defrost it or warm it up on a weeknight*). Review answers aloud when everyone has finished.

## HANDWASHING RAP

**Worksheet:** *Page 47*

**Learner's Workbook:** *Page 6*

1. Explain to learners that the cold germs that make us sick live on our hands. When we touch something that someone with cold germs has touched, we get their germs and, often, their cold. Inform learners that washing their hands helps keep them healthy because it kills many of the germs that cause illness.
2. Ask learners to write a short rap song on worksheet page 47 and page 6 of the Learner's Workbook encouraging people to wash their hands, especially after using the bathroom and before eating.

## PREVENTIVE MAINTENANCE CROSSWORD PUZZLE

**Worksheet:** *Pages 48 and 49*

**Learner's Workbook:** *Pages 7 and 8*

Have participants complete worksheet pages 48 and 49 and pages 7 and 8 in the Learner's Workbook. Review answers as a group when all learners have finished. (Answers are on page 162 of this manual.)

## REVIEW BASEBALL

**Worksheet:** *None*

Play review baseball: Make up a list of questions from the chapter. Divide the class into two teams. Create a baseball diamond in the classroom using desks or chairs. Select one volunteer to keep score on the board. Divide the list of questions and give each team one half. In review baseball, the rules are a little bit different than regular baseball. After only one strike, the other team is up to bat. If a player answers the question correctly, he advances to first base. Any other players occupying a base advance to the next base as well. When a player makes it back to home, that team gets one point. The team with the most points at the end of the game wins.

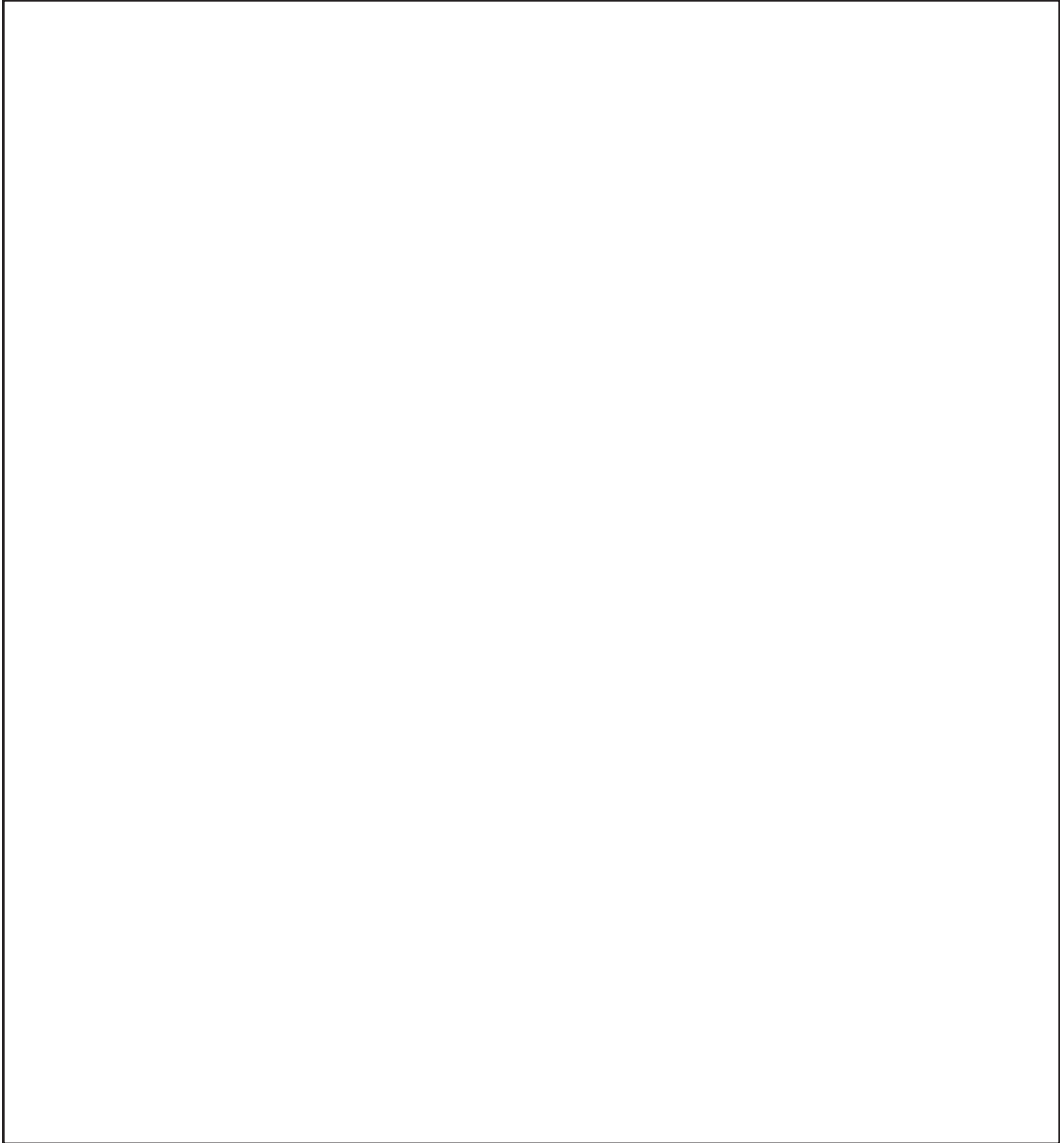
**“Prevention is better  
than cure.”**

—*Desiderius Erasmus*



# PREVENTIVE MAINTENANCE

Draw a poster using one of the items from the checklist.



# TUNE-UP

List the things you can do as preventive maintenance on your Homo sapiens. The first one is done. For these purposes, don't worry about spelling and grammar. Just do the best you can.

1. I can make sure that I brush my teeth at least twice a day.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_





# SERVICE CHECKLIST

The following is your basic service checklist. It is a short course in preventive maintenance. Try to think of two more things you can do to keep yourself in top shape. List them at the bottom of this worksheet.

- Give your system energy with wholesome, natural foods, including whole grains, nuts, fresh vegetables, fruits, beans and soups.
- Stop smoking.
- Restrict or completely eliminate alcohol from your diet.
- Restrict or eliminate refined sugar, white flour, red meat, whole eggs, and fatty dairy products from your diet.
- Eliminate processed, chemically-treated junk foods. Research shows that using this type of fuel causes the Homo sapiens body to operate poorly.
- Eat a low-fat, low-salt, high-fiber diet.
- Exercise regularly, within safe limits.
- Eliminate one source of stress from your life each day.
- Be a weight-watcher. Set limits and maintain your ideal weight.
- Examine your body for changing skin moles.
- Check your hearing every five years.
- Have a glaucoma test every few years if you are an adult.
- Get your blood pressure and cholesterol checked at least once a year.

1. \_\_\_\_\_

2. \_\_\_\_\_

# OLDIES BUT GOODIES

Write a paragraph about someone that you know who is elderly and still active. For these purposes, don't worry about spelling and grammar. Just do the best you can.

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# PREVENTIVE MAINTENANCE CROSSWORD PUZZLE

Read each sentence below. Then choose a word from the word bank that will complete the statement and fit it into the proper spaces of the puzzle.

## ACROSS

- \_\_\_\_\_ your system with wholesome, natural food, including whole grains, nuts, fresh vegetables, fruits, beans, and soups.
- If we spent as much time caring for our health and well-being as we did watching \_\_\_\_\_, going to the movies or surfing the Internet, we would be powerhouses of energy.
- Good \_\_\_\_\_ practices are the key to living a long, healthy, happy, and productive life. They are within our power to do every day at no cost and with very little effort.
- \_\_\_\_\_ or eliminate refined sugar, white flour, red meat, whole eggs, and fatty dairy products from your diet.

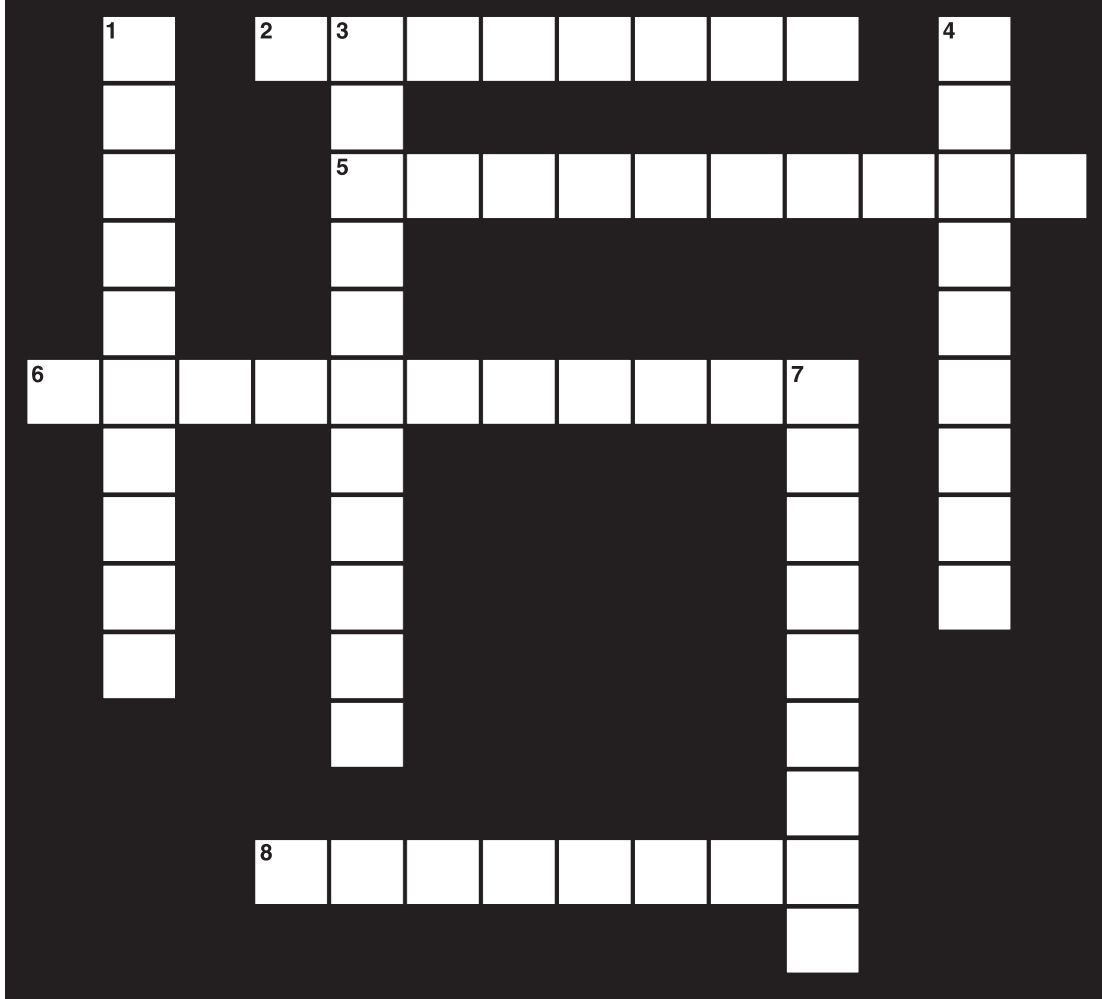
## DOWN

- Using the right fuel is the \_\_\_\_\_ of good maintenance.
- The price of eating whatever we want without regard for its \_\_\_\_\_ value has become too high.
- Being a responsible Homo sapiens owner simply means eating pure, \_\_\_\_\_, fresh food and behaving in ways that make us feel good about ourselves.
- \_\_\_\_\_ processed, chemically treated junk foods.

## WORD BANK

maintenance	wholesome	energize	foundation
television	eliminate	restrict	nutritional

# PREVENTIVE MAINTENANCE CROSSWORD PUZZLE (CONT.)



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