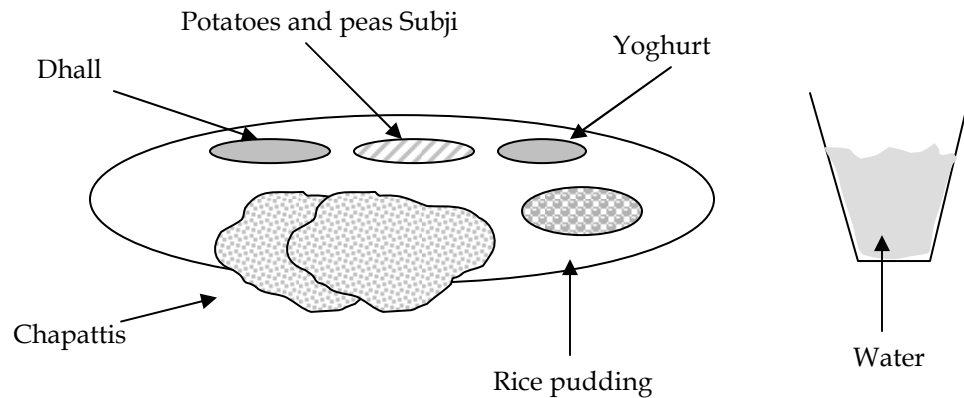


### Worksheet 13 – Staying Healthy

1. What are the 4 essential ingredients for a healthy mind, body and soul?
2. A typical Gurdwara meal consists of the following items. What essential vitamins and minerals do all the food items contain?



3. Is this a well balanced meal?
4. What other items could you substitute for the above items (think about all types of World food)?
5. How do we benefit from Meditation?
6. Is there any substitute for Meditation?
7. How do we benefit from Participating in Sports?
8. Is there any substitute for Sports?
9. Which sports are the best for maintaining a healthy body?
10. How can you maintain a healthy and active mind?