

**ABC Healing School
Semester 1 Module 26
A Lifestyle of Healthy Eating
Homework Assignments**

1. For 1 meal per day for the next 7 days, list the sugar content in grams for every item that you are eating. Compute the total number of sugar grams for the meal and then divide that number by 4 to get the number of teaspoons of sugar.

2. Write out and bring with you to class on Sunday April 14 a list of curses/sins:
 - a. **Sexual:**
 - Possible high-level categories: sexual partners outside of marriage, pornography, voyeurism, exhibitionism, sex with spouse before marriage, masturbation etc.
 - Details within each category: pornography on the internet, subscription to Playboy, sexual intercourse with (?), sexual games, watching neighbor etc.
 - b. **Words:**
 - Possible high-level categories: Curses against self, from doctors, from parents, from schoolmates, from teachers etc.
 - Details within each category: Calling myself stupid, Dr. said I was sickly, Uncle said I was worthless and would never amount to anything, I said I would do anything not to be like my mother etc.