

# PREPARATION FOR WORKING LIFE

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## Healthy Lifestyles

Name:

## Healthy Eating

Can you unscramble the names of the different food groups?

afts \_\_\_\_\_

pironte \_\_\_\_\_

rinalsem \_\_\_\_\_

hcdaotraerby \_\_\_\_\_

misitavn \_\_\_\_\_



erawt \_\_\_\_\_ and bfrie \_\_\_\_\_ although

not classed as food groups are also very important

Which group of foods:

\_\_\_\_\_ helps our bodies to grow and repairs damage

\_\_\_\_\_ gives us energy

\_\_\_\_\_ and \_\_\_\_\_ protect us from disease

and help our body systems to function

\_\_\_\_\_ keeps us warm

\_\_\_\_\_ helps our digestive system to function properly

\_\_\_\_\_ hydrates our bodies and is vital for life

## A balanced diet – the eatwell plate

Write the food groups main nutrient in the bubble



## Odd one out?

Think about the food groups to which each food belongs



Why?



Why?



Why?



**Proteins are needed in a balanced diet for ....**

<b>A</b>	energy release
<b>B</b>	heat insulation
<b>C</b>	energy storage
<b>D</b>	growth and repair

**Carbohydrates are needed in a balanced diet for ....**

<b>A</b>	bone structure
<b>B</b>	muscle growth
<b>C</b>	mineral intake
<b>D</b>	energy supply

**Fats are needed in a balanced diet for ....**

<b>A</b>	growth of muscles
<b>B</b>	tissue repair
<b>C</b>	energy and bone structure
<b>D</b>	energy and heat insulation

**For growth and repair of the body a person must eat ....**

<b>A</b>	carbohydrates
<b>B</b>	Minerals
<b>C</b>	proteins
<b>D</b>	vitamins

**Which of the following do you think are important for a healthy lifestyle?**



- balanced diet
- large house
- regular exercise
- money
- intellectual stimulation
- holidays abroad
- rest and sleep
- owning a car
- recreation
- education
- social interaction

**Other factors that affect health are alcohol, tobacco and other drugs. You need to understand the effect of these substances on physical, intellectual, emotional and social health.**

<b>Effects</b>	<b>Alcohol</b>	<b>Tobacco</b>	<b>Cannabis</b>
<b>Physical</b>			
<b>Intellectual</b>			
<b>Emotional</b>			
<b>Social</b>			



**How can stress and depression be prevented or managed?  
Is there anything that can be done?**

	<b>Stress</b>	<b>Depression</b>
<b>Strategies to help prevent or manage these problems.</b>		

**Faith has been injured at work.  
She is not breathing.  
Describe the first aid treatment which should be given to Faith.**



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.....

**In the DRABC of first aid, the letter B stands for ....**

<b>A</b>	body
<b>B</b>	breathing
<b>C</b>	better
<b>D</b>	bandage

**In the DRABC of first aid, the letter C stands for ....**

<b>A</b>	circulation
<b>B</b>	clear
<b>C</b>	communicate
<b>D</b>	conscious

**In the DRABC of first aid, the letter D stands for ....**

<b>A</b>	decide
<b>B</b>	danger
<b>C</b>	discuss
<b>D</b>	direct

**In the DRABC of first aid, the letter R stands for ....**

<b>A</b>	road
<b>B</b>	rights
<b>C</b>	respect
<b>D</b>	response