

PREPARATION FOR WORKING LIFE

2

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

A	energy release
B	heat insulation
C	energy storage
D	growth and repair

☐

Carbohydrates are needed in a balanced diet for

A	bone structure
B	muscle growth
C	mineral intake
D	energy supply

☐

Fats are needed in a balanced diet for

A	growth of muscles
B	tissue repair
C	energy and bone structure
D	energy and heat insulation

☐

For growth and repair of the body a person must eat

A	carbohydrates
B	Minerals
C	proteins
D	vitamins

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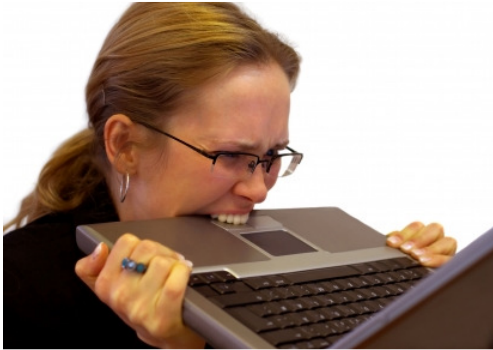
Which of the following do you think are important for a healthy lifestyle?



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.

Effects	Alcohol	Tobacco	Cannabis
Physical			
Intellectual			
Emotional			
Social			



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

	Stress	Depression
Strategies to help prevent or manage these problems.		

**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

A	body
B	breathing
C	better
D	bandage

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

A	circulation
B	clear
C	communicate
D	conscious

☐

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

A	decide
B	danger
C	discuss
D	direct

☐

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

A	road
B	rights
C	respect
D	response

☐