



## Table of Contents

Unit 2

Health

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## 2.1.1 Study: Physical Fitness

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
body composition	
body mass index	
cardiorespiratory endurance	
exercise	
flexibility	
muscular endurance	
muscular strength	
obesity	
physical activity	
physical fitness	
sedentary	
sleep deprivation	

sleep hygiene

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## Physical Fitness

Why should a healthful lifestyle include a variety of activities?

Complete the table. Give an example of each component of physical fitness. Use a different example or explanation than the one included in this study.

Component	Example or explanation
Cardiorespiratory endurance	
Muscular strength	
Muscular endurance	
Flexibility	
Body composition	

## Body Composition

What are two things BMI takes into account?

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How would you determine your BMI?

## Exercise

Name a form of exercise not described in this study. How does it contribute to physical fitness?

## Sedentary versus Active

Describe three reasons for the prevalence of sedentary lifestyles.

## Sleep

Complete the table describing guidelines for sleep hygiene in your own words.

Guideline	Description
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Amount of sleep	
Bedtimes	
Exercise	
Meals	

List three problems that are associated with sleep deprivation.

### Risk Factors

List three things that can block you from having a healthy lifestyle.



## 2.1.3 Study: Good Nutrition

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
dairy	
shortfall vitamin	
carbohydrate	
protein	
dehydration	
fat	
vitamin	
mineral	
deficiency	
folic acid	
fruit	
vegetable	

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grain	
Calorie	
amino acid	
fat-soluble	
water-soluble	
nutritional supplement	
Daily Value	
Recommended Dietary Allowance (RDA)	
nutrient	
diet	

# review

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## Nutrient Requirements

Name six groups of nutrients.

What advice would you give someone who wants to be sure he gets all of the required amino acids?

How might you meet the Recommended Dietary Allowance for the following two nutrients?

Nutrient	How to meet RDA
Folate	
Vitamin A	

Name the five food groups and give an example of each.

Complete the following table, showing how much of each food group you should eat and how you could obtain it.

Food group	Daily amount	How to obtain it
Fruits		
Vegetables		
Grains		
Protein foods		
Dairy		

Identify each menu item as healthful or unhealthful, and explain your reasoning.

Menu item	Healthful or unhealthful?
Hamburger on white bun with fries	



deep-fried in vegetable oil	
Barbecue sandwich on white bun with a secret sauce containing lots of hard-to-pronounce ingredients	
Green, leafy salad with olive oil dressing, mushrooms, red peppers, and purple cabbage	

Identify two kinds of food that have empty calories.

When is it most important to make sure you are hydrated?

## Healthful Eating

How does healthful eating affect body composition?

How does your family affect your diet? Give several examples not mentioned in this study.

How does your culture affect your diet? Give several examples not mentioned in this study.



Do your friends affect your diet? Explain.

Do your emotions affect your diet? Explain.

Why should we be concerned that some people lack access to healthful foods?



Describe a marketing gimmick you recall that misrepresented a food. Explain why you think the ad or commercial was deceptive.





## 2.1.5 Practice: Guidelines for Fitness and Nutrition

Practice Assignment

Health

Name: \_\_\_\_\_

Points possible: 40

Date: \_\_\_\_\_

1. Dr. Dean Ornish and Dr. T. Colin Campbell have conducted research and published books that suggest a "Whole Food Plant-Based" (WFPB) diet is best for achieving optimal health. Others, such as Dr. Robert Atkins, Dr. Loren Cordain, and Dr. Robert Lustig, have advocated very different positions, with less emphasis on carbohydrates (plant-based foods) and greater emphasis on protein and fat (animal foods).

- a. Name a work (book or article) associated with either Dr. Ornish or Dr. Campbell. It can be an article that was written about either author. Include a quote from the author that summarizes his opinions.
- b. Name a work (book or article) associated with Dr. Atkins, Dr. Cordain, or Dr. Lustig. It can be an article that was written about one of the authors. Include a quote from the author that summarizes his opinions.
- c. Compare and contrast the authors' positions.
- d. Explain the scientific basis of each author's position.
- e. Indicate whether you agree with one or both researchers or have a different opinion. Explain your rationale. (15 points)

2. Based on what you have learned in these studies, identify three guidelines for achieving optimal health. Then describe three barriers to practicing these behaviors. Use the table to guide your response. (6 points)

	Healthful behaviors	Barriers to healthful behaviors
Mental health		
Physical health		
Physical fitness		

3. Name a commonly underconsumed nutrient. Then describe a long-term consequence of poor diet. Identify two additional aspects of an unhealthy lifestyle that do not involve nutrition. Explain the long-term consequences of each. (6 points)

4. School policy can influence healthful or unhealthful eating and physical activity levels. But the ways that school policy can do this is debatable. You are going to take a stance on the best ways that school policy can influence the health of students.

This question has two options for completion. Use option 1 if you have peers available for an in-person or online debate. Use option 2 if you cannot debate a peer. If unsure which option to choose, please check with your teacher.

**Option 1: Peer-to-peer debate**

Work with your teacher to schedule an online or in-person debate with another student. Debate ways that school policy can influence healthful or unhealthful eating and physical activity levels.

Come to the debate prepared. Read and research material relevant to the debate topic. You will need to cite at least three sources at the conclusion of the debate. During the debate, you should use your research to support your ideas, pose questions to your opponent, and respond to questions. In addition, be sure to clarify, verify, or challenge ideas and conclusions.

At the conclusion of your debate:

- a. Cite at least three research sources you used to prepare for the debate.
- b. Summarize three points of agreement and three points of disagreement between you and your debate opponent. Explain your rationale for each point of contention.
- c. What do you think are the best ways school policy can influence healthful or unhealthful eating and physical activity levels? Describe two policy recommendations that could reasonably be put in place. Focus on recommendations that would impact the most people. Include one recommendation for nutrition and one recommendation for physical activity. (13 points)

**Option 2: Written debate**

You will act as your own opponent and present both sides of an argument in a written debate about ways that school policy can influence healthful or unhealthful eating and physical activity levels.

Read and research material relevant to the debate topic. You will then write an argument supporting the idea and a counterargument opposing the idea. Cite at least three sources in your written arguments.

In the written argument you submit:

- a. Cite at least three research sources you used to prepare for the debate.
- b. Cite at least three research sources you used to prepare for the debate.
- c. Summarize three points of agreement and three points of disagreement between the two viewpoints you represented.
- d. Finish the assignment by stating your own thoughts and opinions: What do you think are the best ways school policy can influence healthful or unhealthful eating and physical activity levels? Describe two policy recommendations that could reasonably be put in place. Focus on recommendations that would impact the most people. Include one recommendation for nutrition and one recommendation for physical activity. (13 points)





## 2.2.1 Study: Evaluating Health Products, Practices, and Services

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
health product	
empirical evidence	
sustainable	
fad diet	
health service	
physical performance	
pseudoscience	
saturated fat	
trans fat	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## Nutrient Requirements

How can you tell when a health product advertised on TV, the Internet, or elsewhere is questionable? Explain.

Compare fad diets with good nutrition.


## Health Products

How can we evaluate health products?

## Health Services

What is a health service, and how can we evaluate them?





## Therapy or Quackery?

What is quackery? Why is it sometimes difficult to identify health services that are based on pseudoscience?

How can we evaluate health product information found online?



## 2.2.3 Study: Eating Disorders

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
anorexia nervosa	
aspiration pneumonia	
binge	
binge-eating disorder	
body image	
bulimia nervosa	
eating disorder	
purge	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## Eating Disorders, Health, and Society

How do social factors lead to the development of eating disorders?

List three types of eating disorders.

How can emotional and physical factors influence the development of eating disorders?

Factor	Influence
Emotional health	
Physical health	

## Occurrence and Effects of Eating Disorders

How common are eating disorders? What are some long-term consequences?

## Short-Term and Long-Term Effects of Eating Disorders

Complete the chart. Classify the effects of eating disorders as short-term or long-term.

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Condition	Possible short-term effects	Possible long-term effects
Anorexia nervosa		
Bulimia nervosa		
Binge-eating disorder		

### Nutritional Choices

Explain how nutritional choices can affect your physical health.

### Body Image

How can one's body image lead to an eating disorder?

### Treatment and Advice

How might you help a friend whom you suspect to be struggling with an eating disorder?





## 2.2.5 Checkup: Threats to Fitness and Good Nutrition

Checkup

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Question 1

Identify two local resources that promote physical activity and two local resources that promote good nutrition. Describe the services provided by each resource.

Physical Activity Resources

- 1.
- 2.

Nutrition Resources

- 1.
- 2.

### Question 2

Find an advertisement for a personal care product that you have used. Possible products include soaps, skin treatments, and toothpastes.

- Identify one or more claims in the advertisement.
- Evaluate the truthfulness of the claim (or claims) based on your experience.
- Identify a resource that could help you evaluate the claim using scientific research.

### Question 3

Choose a health and wellness product you might have in your home, such as a meal replacement bar, protein shake, or vitamin supplement.

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- Describe the product.
- List the ingredients.
- Identify any health claims made by the manufacturer.
- Research the effectiveness of this product using at least one trusted source. Summarize your research in your own words. Include a quote from your research and cite your sources.
- Based on your research, explain why you will or will not continue using this product.

#### Question 4

Locate and describe a program in your town or area that helps people get access to healthful food. How easy is it to use the program or service? Describe at least one positive aspect of the program and one potential barrier to using the program.

#### Question 5

Identify and describe a program or service for someone who may have an eating disorder. Evaluate the program by giving at least one positive and one negative aspect of using it.







## 2.3.1 Journal: Assess Your Fitness and Nutritional Status

Journal

Health

Name: \_\_\_\_\_

*Points possible: 10*

Date: \_\_\_\_\_

1. How would you describe your physical fitness? (3 points)

2. Evaluate how each of the following affects your personal physical fitness and dietary practices. (3 points: 0.5 point for each)

- a. Your school
  - b. Your community
  - c. Your family and culture
  - d. Your friends
  - e. Any media and advertising you see
  - f. Your emotions
- a.

b.

c.

d.

e.

f.

3. How do you think your dietary practices affect your physical, social, and mental health? Do any of your dietary practices put your health at risk? (4 points)





## 2.3.2 Study: Setting Goals and Formulating a Plan

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
wellness	
personal health plan	
physical fitness	
food journal	
data	
goal	
benchmark	
weight management	

# review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

## A Personal Health Plan for Wellness

What are some parts of a personal health plan?

What is a benchmark? Why is it important in meeting your long-term goal?

## Assessing Your Nutrition Status

What are the steps for developing a personal health plan for nutrition?

## A Personal Health Plan for Physical Activity

How could you assess your level of physical fitness?

Assessment	Procedure
Cardiorespiratory endurance	
Muscular strength and endurance	
Flexibility	
Body composition	

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Name four things that should be taken into account when creating a physical fitness action plan.



## Planning for Weight Management

What is weight management?

In addition to eating healthful foods and maintaining an active lifestyle, name three things you can do to manage your weight.





## 2.3.4 Project: Your Plan for Fitness and Good Nutrition

Project

Health

Name: \_\_\_\_\_

Points possible: 75

Date: \_\_\_\_\_

### Your Assignment, Part I

In this exercise, you will evaluate your physical fitness and diet using interactive resources available at [www.choosemyplate.org](http://www.choosemyplate.org). First you will need to find the SuperTracker resource on the website and create a profile. The following information will be required for you to get started:

- Age
- Physical activity level
- Profile name (not your full legal name)
- Username
- Password
- Password hint and security question

None of the profile information you provide can be used to identify you. An email address is not required. Make a note of your username and password; you will need them each time you log in to use the SuperTracker resources.

1. Keep a detailed food journal for one day and record it in the table. Include portion information for each item. Next, enter this information in Food Tracker, a SuperTracker resource that will help you analyze your daily diet.

	Foods	Portion Information
Breakfast		
Lunch		
Dinner		
Snacks		

2. Review the charts and other data in Food Tracker for the food you entered. Then answer these questions.

a. What was your target for daily Calorie consumption? How many Calories did you actually consume?

b. Examine your *Daily Food Group Targets*. Describe your status for each food group (e.g., "O.K.," "Under," "Over")?

c. Examine your daily limits for empty Calories, oils, saturated fat, and sodium. Describe your status for each.

d. Create a *Nutrient Intake Report*. List any underconsumed nutrients in your daily diet. **Print this report and include it with the project. Title this report, "Original Nutrient Intake Report."**

e. Would you describe your amino acid intake as sufficient or insufficient? Explain.

3. Think about your physical activity during a recent one-week period.

a. Write a list of your moderate and physical activities during this period. Record the estimated amount of time you engaged in these activities.



- b. Enter this information in the Physical Activity Tracker tool in SuperTracker. Then run a Physical Activity Report. **Print this report and include it with the completed project. Title this report, "Original Physical Activity Report."** Are you meeting your daily targets for Moderate Intensity Equivalent (MIE) minutes? Explain.
- c. Are you meeting your weekly targets for muscle- and bone-strengthening exercises and vigorous activity levels?

4. Think about your rest and sleep patterns during a recent one-week period. Estimate how much sleep/rest you got on a nightly basis. Was it adequate? Explain.

## Your Assignment, Part II

Well done! You have learned how to use the SuperTracker tool and can use your initial personal dietary data to set goals, develop a fitness plan, and monitor your progress toward meeting your goals.

1. Set five specific goals to improve your diet. Think about nutrients you may be underconsuming, your Calorie intake, any overconsumed nutrients, deficiencies in any food group targets, and the kinds of proteins you are consuming. Write your goals below.

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

2. Set three specific goals for yourself relating to physical activity or sleep. Consider whether you want to maintain your current weight or move toward a goal weight. Think about what you currently do to exercise. How can you address any shortcomings or add variety? Write your goals below.

Goal 1:

Goal 2:

Goal 3:

## Your Assignment, Part III

Now it's time for you to develop a fitness plan for yourself. Your plan should be realistic, but it must also push you toward the ultimate achievement of your goals.

1. Revisit your diet and nutrient data from part 1. Name three steps you could take to meet, or make progress toward meeting, the food group and nutrient targets. Explain how taking each step could help you meet a target.

Step 1:

Step 2:

Step 3:

2. In an ideal situation, we have access to all the food options we desire. However, this is often not the case in real-world situations. For each of your proposed steps in answer 1, provide an alternative dietary strategy that will also achieve your target, but in a different way. Explain your thinking.

3. Your next assignment requires you to survey some of the food preferences in your family. Make a table with three columns. In the left column, record individual needs (e.g., vegetarian diet, sensitivity to food allergens, need for high-level athletic performance, and so on). In the middle column, include favorite food items and meals that all family members can and want to eat. Begin a discussion about ways to make favorite family foods more healthful. Use the *Food-A-Pedia* function in Food Tracker to help you evaluate nutrient data in different foods. Suggest alternatives and populate the right column with ideas to improve the foods and meals in the middle column that your family is currently eating.

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Individual needs	Favorite foods and meals	Healthful compromises or improvements

4. Design two different daily diets that meet the targets addressed in Food Tracker:

- Food group targets
- Limits for empty Calories, oils, saturated fats, and sodium
- Adequate nutrient intake

First, design a diet for yourself. Then design a diet for someone with special dietary needs (for example, a vegetarian or someone with a specific food allergy). Conduct an interview with the person who requires the special diet and have him or her check it for accuracy and taste when you have finished.

Break out each meal for breakfast, lunch, dinner, and snacks, as you did with your original daily diet. Record the information for each diet and then create and print a Nutrient Intake Report. Be sure to label the diets and explain the nature of the "special" diet.

5. Describe the challenges you faced in developing these diets. Also, state at least one question that you have about food groups, underconsumed nutrients, or overconsumed nutrients.

6. Revisit your goals for physical activity. Generate a list of physical activities that will help you achieve your goals. For each activity, describe an alternate activity that could fill the same need if and when circumstances changed (for example, if the weather was bad or seasonal changes occurred). Identify local facilities where you can engage in each of these activities. Organize this information in the table.

Goal:			
-------	--	--	--

First choice			
Back-up plan			

Develop and describe a long-term plan for improving sleep habits.

### Your Assignment, Part IV

1. Track your diet for the next two weeks using Food Tracker. Use the data and reports to evaluate your progress. **Create a Nutrient Intake Report for the time of your self-monitoring. Print it and attach it to your project.** Report your findings, including any successes, difficulties, and new challenges.

2. Track your physical activity for the next two weeks using the Physical Activity Tracker. Use the data and reports tools to evaluate your progress. **Create a Physical Activity Report for the time of your self-monitoring. Print it and attach it to your project.** Report your findings, including any successes, difficulties, or new challenges.

### Tips for Success

*Here are some tips to keep in mind as you complete your assignment.*

- Review the studies in Unit 2 before answering the questions.
- Supplement your own research to learn more about refusal, negotiation, and conflict resolution skills.
- Do a final edit of the documents you have created, including checking spelling and grammar, before turning in your assessment. Make sure you have answered all questions sufficiently.
- Consider if you will need to work with others as part of a team to complete your project.

## Self-Assessment Checklist

Read each question and evaluate your work. If the answer to the question is yes, check the box to the left. If the answer is no, go back and revise your work. Your teacher will use these same guiding questions to score your assignment.

### Plausibility and Thoughtfulness of Responses (35 points)

<input type="checkbox"/>	Did I demonstrate an understanding of the assignment by:
<input type="checkbox"/>	Giving realistic dietary and physical activity information in part 1 (5 points)
<input type="checkbox"/>	Setting realistic goals for diet and physical fitness (5 points)
<input type="checkbox"/>	Demonstrating perseverance in crafting a diet and fitness plan (15 points)
<input type="checkbox"/>	Providing thoughtful reflection when evaluating the diet and fitness plan (5 points)
<input type="checkbox"/>	Completing all items, for all four parts of the project (5 points)

### Reports (40 points)

<input type="checkbox"/>	Did I include:
<input type="checkbox"/>	Original Nutrient Intake Report (3 points)
<input type="checkbox"/>	Original Physical Activity Report (3 points)
<input type="checkbox"/>	Daily Diet: Self (5 points)
<input type="checkbox"/>	Daily Diet: Special (5 points)
<input type="checkbox"/>	Nutrient Intake Report for two-week period (12 points)
<input type="checkbox"/>	Physical Activity Report for two-week period (12 points)

