



Name:

Date:

Class:

## **Ch. 26 -27 Health & Wellness**

Directions: Using the textbook: Managing Life Skills, (chapter 26-27) answer the questions below.

1. Define the below terms.

a) Wellness-

b) Fitness-

c) Endurance-

d) Aerobic Activities-

e) Flexibility-

f) Body Image-

g) Body Mass Index-

h) Anorexia Nervosa-

i) Bulimia-

j) Binge Eating-

k) Substance Abuse-

2. Outline the factors that affect weight?

3. Describe the three common health risks among teens.

4. Identify four areas of health for which you can take personal responsibility.

5. Describe how you can take charge of your health care.
6. Summarize the basic nutrient needs.
7. Compare and contrast nutrient needs throughout the lifecycle.
8. Name the main influences over food choices.
9. Think about your food choices. What are the biggest influences on your personal food choices? Why do you eat what you do?
10. Describe the Purpose of the Dietary Guidelines for Americans and MyPlate.
11. Explain the purpose of Carbohydrate **and** give at least 3 examples of foods that are mostly carbohydrates.
12. Explain the function of protein **and** give at least 3 examples of high protein foods.
13. Explain the purpose of Fats **and** give at least 3 examples of where you can get this nutrient.
14. Explain the purpose of Vitamins **and** give at least 3 examples.
15. Explain the purpose of Mineral **and** give at least 3 examples.
16. Explain the purpose of Water **and** describe much water one should have.
17. Outline the Dietary guidelines for Americans.
18. When Meal planning, what are some things that you should consider.