Staying Healthy

Name: _____

Date: _____

Self-Concept



You may think that you are too short, tall, thick or heavy. Keep in mind that all people are different and they grow and develop in their own ways. Having a realistic body or self-image is important.

A poor **self-concept** or body image can lead to unhealthy behaviors. Some people, especially girls, become overly concerned about their self-image and develop serious eating disorders.

People grow especially quickly between the ages of ten and twenty. During these years your body needs plenty of nutrients of every kind. Between these ages, people begin to cut back on the amount of food they eat. Boys hoping to build muscles, eat foods rich in **protein** but lacking in carbohydrates. Girls avoid all foods they think are fattening, including calcium-rich products.

A **nutritional deficiency** is the lack of a certain nutrient in the diet. These deficiencies can cause the blood to carry less oxygen than the body needs or can cause **anemia**, which is a lack of iron.

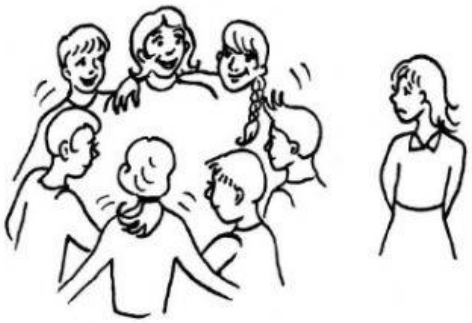
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Obesity



If you take in more food than your body needs, the body stores it as fat. Being overweight can damage your health. Overweight or **obese** people can develop **high blood pressure**, **heart disease** and **Type 2 diabetes**.

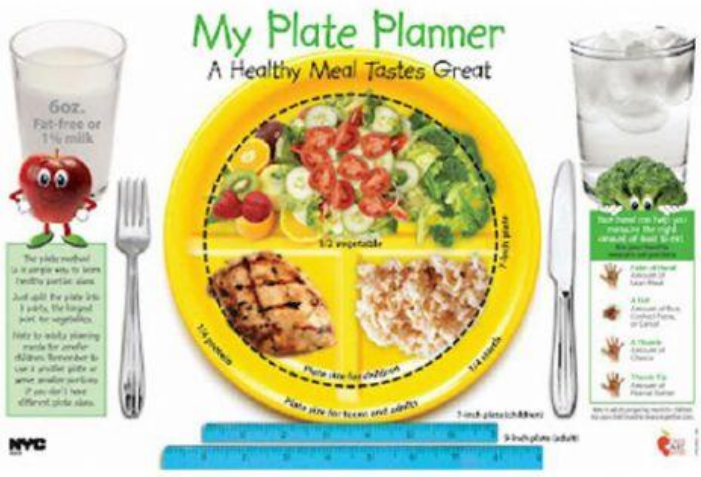
Cliques



As your body develops and changes, so does your relationships with your parents and friends. Sometimes young people form **cliques** or groups of friends who exclude others from joining. Being a part of a clique can help you feel a sense of belonging and support. Cliques can be harmful if they encourage unhealthy behaviors.

Balanced Diet

To help your body work at its best, you need to eat a balanced diet. A **balanced diet** is a diet of a variety of foods that give the body all the nutrients it needs.



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Water



Your body needs water. You should drink 6 to 8 glasses of water a day.

Water helps to:

- Transport nutrients to all the cells of the body
- Build new cells
- Keep body temperature stable
- Carry waste out of the body
- Keep joints moving smoothly

Fiber is a nutrient that helps food move through the digestive system and prevents some forms of cancer. *Carbohydrates*, *fats*, *proteins*, *minerals* and *vitamins* are five basic groups into which food can be placed according to what we get from them.

Questions

Read and answer the following questions correctly.

1. In which way can having a poor self-concept affect an individual:
   a. Can lead to having positive friends
   b. Can lead to eating healthy foods
   c. Can lead to unhealthy behaviors

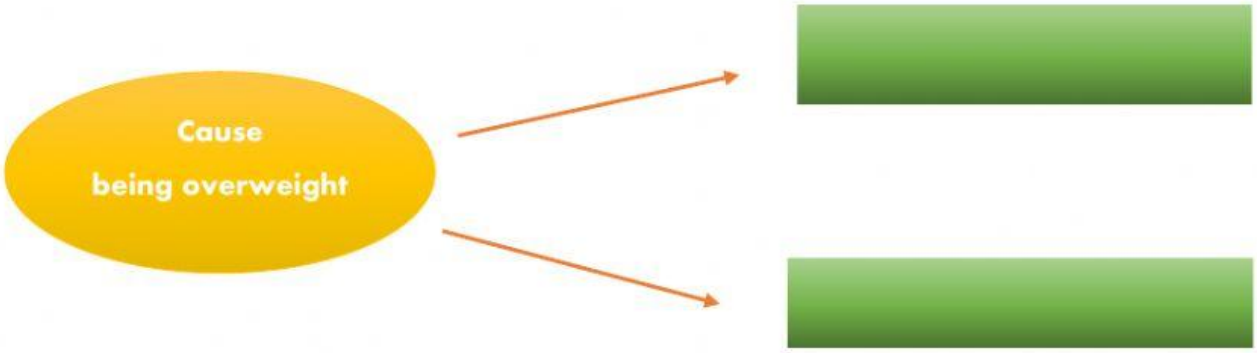
2. What is anemia?
   a. an eating disorder
   b. a nutritional deficiency caused by a lack of iron
   c. a STD

3. Which one of the following is a **synonym** for overweight?
   a. Obese b. petite c. underweight

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4. Complete the chart below by writing **TWO** effects from the box of the given cause.

1. develop high blood pressure 2. live a healthy life 3. get a good job 4. experience heart diseases 5 have lots of friends



5. Many young people join cliques to feel a sense of belonging and support. Based on this statement, what is a clique?
   a. Group b. dish c. clinic

6. Which group of foods should we eat more of?
   a. Protein and grains b. fats and diary c. fruits and vegetables

7. What are **TWO** benefits of drinking water. Click TWO answers.
   a. Keeps food in the body
   b. Carries waste out of the body
   c. Keeps body temperature unstable
   d. Transports nutrients to all cells of the body

8. How is fiber important in our diet?
   a. Fiber helps to prevent some cancers
   b. Fiber causes constipation
   c. Fiber thickens the blood

Adapted from Simple Science Thurston and Bain

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