Who We Are – Week 6 – Unit of Inquiry Homework

- Impact of Lifestyle Choices on Health

True of False

1. Choices I make every day affect my overall health. True / False
2. Having a well-balanced diet is healthy for me. True / False
3. Its ok to sleep less than 8 hours sleep every night. True / False
4. It's good to play on my computer before bedtime. True / False
5. Being happy has an effect on being healthy. True / False
6. It's good to read a book before bed time. True / False
7. Having a well-balanced and healthy breakfast helps me have a good day. True / False
8. I'm better to eat fruits for breakfast than heavy proteins and carbohydrates. True / False
9. It's important to exercise my body daily. True / False
10. Playing or sitting in the sun is not very important. True / False

Match up as many words and meanings as you can

___1. Carbohydrates	a) Cleans our digestive system
___2. Protein	b) Gives you energy
___3. Vitamins & Minerals	c) Acts as an energy store
___4. Fats and Oils	d) Helps your body grow and repair itself
___5. Fiber	e) Needed for chemical reactions in our body
___6. Water	f) Helps your body work properly

Multiple Choice Questions

1. Why do we need dairy every day?
   a) Dairy contains calcium which gives us strong bones and teeth.
   b) Dairy offers us protein that helps our bodies grow.
   c) Dairy contains vitamins which gives us strong bones and teeth.
   d) Dairy contains fats and oils that help us be healthy and strong.
2. Which are examples of Dairy products?
   a) Meat, fish, chicken
   b) Olive oil, avocado, flax seeds
   c) Apple, orange, banana
   d) Milk, yoghurt, cheese
3. Carbohydrates are made from;
   a) Milk, yoghurt, cheese
   b) Potato, broccoli, onion
   c) Meat, fish, chicken
   d) Wheat, corn, rice, barley
4. How many portions of fruits and vegetables should you have per day?
   a) 4-5 portions

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b) 8-9 portions
c) 1-2 portions
d) 15-20 portions

5. Why do we need to eat fruits and vegetables every day?
   a) They are colorful and cool looking
   b) They are light and easy to digest
   c) They contain many of the vitamins and fibers we need to stay healthy
   d) To make our parents happy

Refined or Unrefined?
Refined foods have gone through machines which have removed most of the fibre bets.
Unrefined foods have all the fibre bits still in and are very good for you!
Write Refined or Unrefined next to each food.
White bread = refined / unrefined
Brown bread = refined / unrefined
White pasta = refined / unrefined
Whole grain cereal / rice = refined / unrefined
White rice = refined / unrefined
Whole grain pasta = refined / unrefined

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