

YEAR 9 & 10 HEALTH  
WORKBOOK

# HAUORA



NAME:

# SECTION 1

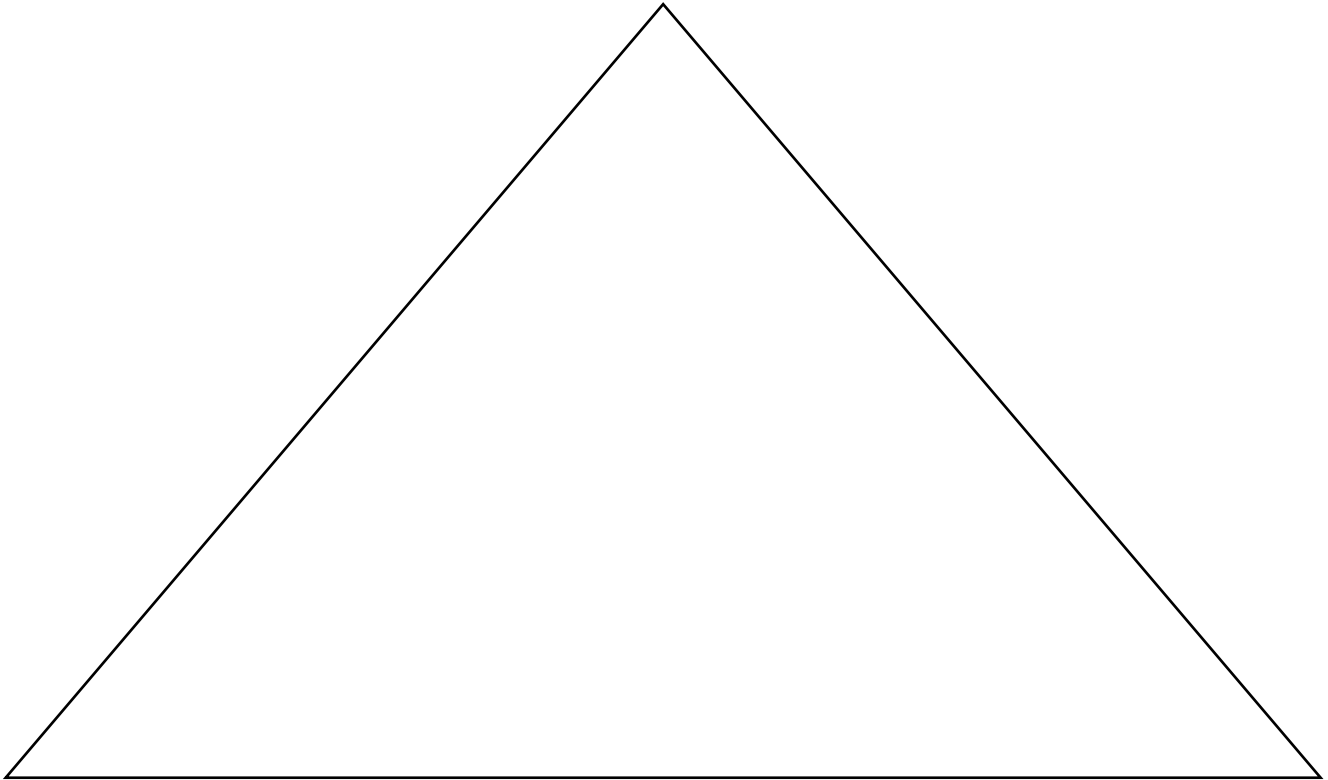




# NUTRITION

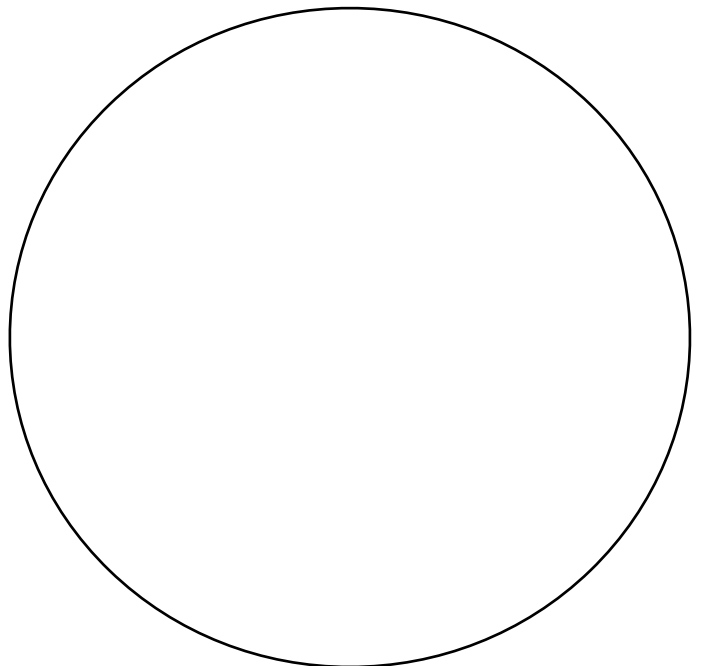
What is the function of food for our bodies? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw and label the healthy food pyramid as you understand it.



Describe a 'Balanced Diet' and draw what a typical dinner plate should look like.

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# NUTRITION

Describe what Calories and Kilojoules are and their purpose in the body.

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## FOOD LABELS

**Energy**- Energy is another word for calorie (Kcal) or kilojoule( KJ) Every extra Kcal/KJ eaten will be stored as fat if not needed by the body. A product low in fat or sugar may still be high in energy. Always check the label.

**Fat** - Watch the total fat content – fat can contribute a lot of extra energy Too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease

**Carbohydrate** - This is broken down to glucose (sugar) and must be balanced with exercise and/or medication in people with diabetes. It is important to eat some carbohydrate but not too much at each meal.

**Sugars** - Sugars are part of the total carbohydrate in a food. A small amount is acceptable. Check out the other names for sugar.

**Fibre** - Having a high fibre diet is good for many aspects of health.

**Salt or sodium** - Choose foods with lower salt/sodium content, especially if you have high blood pressure.

Golden Munchies Your favourite breakfast cereal		
Nutrition Information		
Servings per package: 15		
Serving size: 30g		
	Per serve	Per 100g
<b>Energy</b>	500KJ 119kcal	1670KJ 379kcal
Protein	2.2g	7.4g
<b>Fat</b>	0.6g	1.8g
- Saturated	0.3g	0.9g
<b>Carbohydrate</b>	26g	87g
- Sugars	4.2g	14g
<b>Dietary Fibre</b>	2.1g	7g
<b>Sodium</b>	117mg	390mg
Iron	3mg	10mg
Folate	50g	167g
Ingredients	Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Iron, Folate, Turmeric	

Describe how 'healthy' the above snack is and why?

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# NUTRITION

Compare these two food labels to answer the following questions.

Wheat Crackers			Sweet Biscuits		
Nutrition Information			Nutrition Information		
Serving Size: 3 crackers			Serving Size: 2 biscuits		
Servings per package: 10			Servings per package: 8		
	Per serve	Per 100g		Per serve	Per 100g
Energy	333kj 95kcal	1533kj 438kcal	Energy	720kj	1798kj
Fat	3.5g	16.0g	Fat	4.6g	13g
- saturated	0.2g	1.0g	- saturated	2.6g	7.5g
Carbohydrate	8.8g	40.7g	Carbohydrate	23.1g	67.9g
- sugars	1.1g	5.1g	- sugars	12.6g	36.1g
Protein	3.0g	13.7g	Protein	2.4g	8.8g
Dietary Fibre	2.2g	10.3g	Dietary Fibre	0.6g	1.7g
Sodium	53mg	240mg	Sodium	105mg	300mg
Ingredients	Wheat flour, vegetable oil, salt, poppy seeds, sugar, garlic, pepper		Ingredients	Flour, sugar, butter, coconut, flavour	

How many biscuits is one serving? \_\_\_\_\_

How many servings in a package? \_\_\_\_\_

How much fat is in one serve of sweet biscuits? \_\_\_\_\_

If you ate 6 biscuits how much fat would you be consuming? \_\_\_\_\_

Per 100g which product has the most sugar? \_\_\_\_\_

Per 100g which product has the most fat? \_\_\_\_\_

Which has the most energy? \_\_\_\_\_

What is the main ingredient in each product? \_\_\_\_\_

Which do you think is healthiest and why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# NUTRITION

Nutrient:	What does it do for the body?	What food has this nutrient?
<p style="text-align: center;"><b>PROTEINS</b></p>		
<p style="text-align: center;"><b>FATS</b></p>		
<p style="text-align: center;"><b>CARBOHYDRATES</b></p>		
<p style="text-align: center;"><b>VITAMINS (C &amp; E)</b></p>		
<p style="text-align: center;"><b>MINERALS (Potassium &amp; Iron)</b></p>		
<p style="text-align: center;"><b>WATER</b></p>		



# NUTRITION

	HEALTH BENEFITS	Suggested servings per day
<b>Fruits &amp; Vegetables</b>		
<b>Breads &amp; Cereals</b>		
<b>Milk, Yoghurt &amp; Cheese</b>		
<b>Lean meat, fish, poultry, eggs, nuts &amp; Legumes</b>		
<b>Fats &amp; Oils</b>		
<b>Water</b>		



# NUTRITION

Keep a 'Food Diary for yourself over one week include what and how much you drink.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Water & other drinks							





# NUTRITION

Compare your food diary with a partner and answer the following questions:

What are the biggest differences you notice between your eating habits? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Looking at your food plan would you consider it 'healthy' for a person your age? Why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What things about your eating plan do you think are 'good nutritional habits' that you already have?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the bad habits that you have in regards to your nutrition and why do you think this might be? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suggest three improvements you could make to the way you are eating, you might like to set goals for yourself to implement these changes in your life.

## CHANGES TO MY CURRENT NUTRITIONAL BEHAVIOUR

### CHANGE 1

Change I could make: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why this needs to be changed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### CHANGE 2

Change I could make: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why this needs to be changed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### CHANGE 3

Change I could make: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why this needs to be changed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# NUTRITION

Design a 7 day balanced healthy eating plan for a teenager including snacks and 'Treat options'.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

# ENERGY DRINKS

Compare the nutritional value of the most popular energy drinks, with water and fruit juice.

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_

Drink: \_\_\_\_\_ Size: \_\_\_\_\_

Kilojoules \_\_\_\_\_

Sugar \_\_\_\_\_

Caffeine \_\_\_\_\_

Suggested serving size: \_\_\_\_\_



# DIETS

Why do teenagers diet? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe some of the ways people diet and if you think this is a successful/healthy diet?

Diet 1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diet 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diet 3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diet 4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diet 5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is dieting healthy? Why/Why not?  
\_\_\_\_\_  
\_\_\_\_\_

Why do so many people fail diets?  
\_\_\_\_\_  
\_\_\_\_\_



# EXERCISE

How does exercise benefit the body? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Briefly describe the three different kinds of exercises and their benefits to the body.

## CARDIOVASCULAR

\_\_\_\_\_  
\_\_\_\_\_

**BENEFITS TO THE BODY**

**EXAMPLES**

## STRENGTH/RESISTANCE

\_\_\_\_\_  
\_\_\_\_\_

**BENEFITS TO THE BODY**

**EXAMPLES**

## FLEXIBILITY

\_\_\_\_\_  
\_\_\_\_\_

**BENEFITS TO THE BODY**

**EXAMPLES**



# EXERCISE

Is it possible to exercise too much? Why/why not? \_\_\_\_\_

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When is the best time of the day to exercise? Why? \_\_\_\_\_

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What is the best way to stay hydrated before, during and after exercise? why? \_\_\_\_\_

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Record your daily exercise habits on for one whole week. Include intentional exercise and incidental exercise (ie walked to the shops today) include information about intensity of exercise and length.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



# EXERCISE

Compare your exercise plan with a partner and answer the following questions:

What are the biggest differences you notice between your exercise plans? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Looking at your exercise plan would you consider it 'healthy' for a person your age? Why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What things about your exercise plan do you think are 'good habits' that you already have?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the bad habits that you have in regards to your exercise and why do you think this might be? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suggest three improvements you could make to the way you exercise, you might like to set goals for yourself to implement these changes in your life.

## CHANGES TO MY CURRENT EXERCISE BEHAVIOUR

### CHANGE 1

Change I could make: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why this needs to be changed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### CHANGE 2

Change I could make: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why this needs to be changed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### CHANGE 3

Change I could make: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why this needs to be changed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# EXERCISE

Create a 7 Day exercise plan for a healthy teenager your age. Include each of the three different kinds of exercise we learned about earlier.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





# SLEEP

Why do teenagers need more sleep on average than those of other ages? \_\_\_\_\_

\_\_\_\_\_

How much sleep should you get on average per night? \_\_\_\_\_

Why is sleep necessary for the body? \_\_\_\_\_

\_\_\_\_\_

What can be the consequences on your body for not getting enough sleep? \_\_\_\_\_

\_\_\_\_\_

# HYGIENE

Why is personal hygiene so important? \_\_\_\_\_

\_\_\_\_\_

In the following areas describe what 'best practice' is for someone your age in these areas of hygiene:

**Brushing teeth.**

**Showering/bathing**

**Deoderising**

**Underwear/Socks etc**

# SECTION 2





# SELF ESTEEM

In your own words write what you think Self-esteem actually is.

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What determines your self-esteem? \_\_\_\_\_

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Do you think you have high or low self-esteem? Why? \_\_\_\_\_

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In this Speech Bubble write some of the things teenagers think that would effect how they feel about themselves.

A large speech bubble outline with a tail pointing towards the top left, intended for students to write their responses to the question about factors affecting self-esteem.



# SELF ESTEEM

State how the following people can influence how you feel about yourself. Say how big of an influence you think they have on your life (eg, do you listen to everything they say about you or do you shrug it off because their opinion isn't important?)

**My best friend**

How they influence me \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Importance of influence on my life? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

How they influence me \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Importance of influence on my life? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**My Parents**

**Other family members**

How they influence me \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Importance of influence on my life? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

How they influence me \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Importance of influence on my life? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Teachers**

**Other people at school**

How they influence me \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Importance of influence on my life? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Why does it matter so much what other people think of us? \_\_\_\_\_  
 \_\_\_\_\_

How can I stop the negative words of others from influencing how I feel about myself? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



# SELF ESTEEM

In each box write or draw something a teenager can do to help them feel better about his or herself

Write a paragraph describing yourself (physical and personality) without any negative comments.

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What do you think other people like about you? \_\_\_\_\_

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# ABUSE

The term 'abuse' means: Cruel or inhumane treatment.

Describe the difference between discipline and abuse.

**DISCIPLINE**

Discipline is: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Some examples of discipline are: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ABUSE**

Discipline is: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Some examples of abuse are: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Give an example (without the graphic details) of each of the following types of abuse.

PHYSICAL ABUSE \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

MENTAL ABUSE \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

SEXUAL ABUSE \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

State if you think the following sentences are an example of abuse or not?

'My Dad gave me a hug when I was sad and he stroked my hair and rubbed my back.'

"Three older girls made fun of me because I have glasses "

"I got grounded for two weeks by my parents"

"When I stayed at my friends house my friends older brother asked if he take a shower with me?"

"I was beaten up by 2 bigger boys after school because I had told a teacher on them for tagging on a wall."

"I ended up in detention after I yelled at a teacher"



# ABUSE

What should you do if you encounter abuse? (either if it happens to you or someone you know?)

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Why do you think so many people are afraid to get help when they have been abused? \_\_\_\_\_

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How can you keep yourself safe from abuse? \_\_\_\_\_

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Abuse often is caused by the people closest to you. Make sure you have someone you can trust to tell if you ever encounter abuse, people who will believe you and will help you to get some help. List some people here that you could tell. \_\_\_\_\_

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Why is it so important to report abuse and get help if it happens? \_\_\_\_\_

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Discuss the following statements with a classmate and decide together if they are true or false.

It's okay to be mean to someone if they are different from me or if I just really don't like them. True/False

**My parents grounded me for stealing money of them that's child abuse.** True/False

My friend told me she is being sexually abused by a neighbour its okay if I keep her secret. True/False

**I got slapped in the face by my netball coach for missing a crucial shot in the game. Its okay for her to do that because that is just what coaches do.** True/False

Its okay that I'm mean to my little siblings and rub their face in the mud if they annoy me. True/False

**Children should never be disciplined because it hurts their feelings.** True/False

Beating up someone else for picking on another kid is the best way to handle it. True/False

**Its okay to yell at people and treat them mean if I am angry or upset, or having a bad day.** True/False

If someone tells me 'Its our secret, don't tell anyone' I should trust them and keep it quiet. True/False



# DEPRESSION

**More and more teenagers are experiencing depression these days.**

Use the internet and/or articles that are provided to answer the following questions.

Describe some of the signs of depression in a teenager.

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One of the major symptoms of depression is suicidal thoughts. What can you do help a teenage friend who might be having those thoughts? List 4 pieces of advice you could give to help your friend.

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Describe some ways that you can help yourself prevent depression in your own life.

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If you suspect your friend may be depressed what can you do to help them?

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# RESILIENCE

**With a partner discuss the following definition of resilience then answer the questions.**

*“Resilience is the ability to bounce back after something negative - like a tough situation or a difficult time - and then get back to feeling just about as good as you felt before. It’s also the ability to adapt to difficult circumstances that you can’t change, and keep on thriving. When you’re resilient, you can learn from difficult or challenging situations and get stronger.”*

According to that definition describe how resilient you think you are. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What kinds of situations and circumstances do teenagers face that can effect their moods and emotions?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

How would a resilient/ not resilient teenager cope with a challenging situation. (in the long term, obviously everyone would feel and hurt at least initially). The situation could be the death of a family member, or a parents divorce or a friend leaving the district or break up of a relationship/ friendship.

**Resilient Teenager**

**Not very resilient teenager**

What are some tips that can help you learn to be resilient? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_