



Level
3

Sample!

Health & Fitness

STUDENT WORKSHEETS



Get active each day

Complete the sentences:

hours, water, TV, heart, physical activity, computer

- a) You should get at least 60 minutes of _____ every day.
- b) Include vigorous activities that make your _____ pump faster.
- c) Switch off the TV or _____ and get active.
- d) Sedentary or 'still' time spent watching _____, surfing online or playing computer games is linked to becoming overweight or obese.
- e) We should spend no more than 2 _____ a day on 'small screen' entertainment!

There are many active indoor and outdoor activities you can take part in - write down 5.



Have a balanced diet

1. Choose the correct answers:

a) Eating fruit and vegetables every day helps

- us to eat more
- boost our vitality
- increase our tiredness

b) Eating fruit and vegetables every day helps

- increase the risk of many chronic diseases
- reduce the risk of many chronic diseases
- increase the risk of weight gain

c) Examples of good foods are:

- Grains, fruit, vegetables, lean meat
- Burgers, chips, pizza, white bread
- Biscuits, cake, muffins, sweets



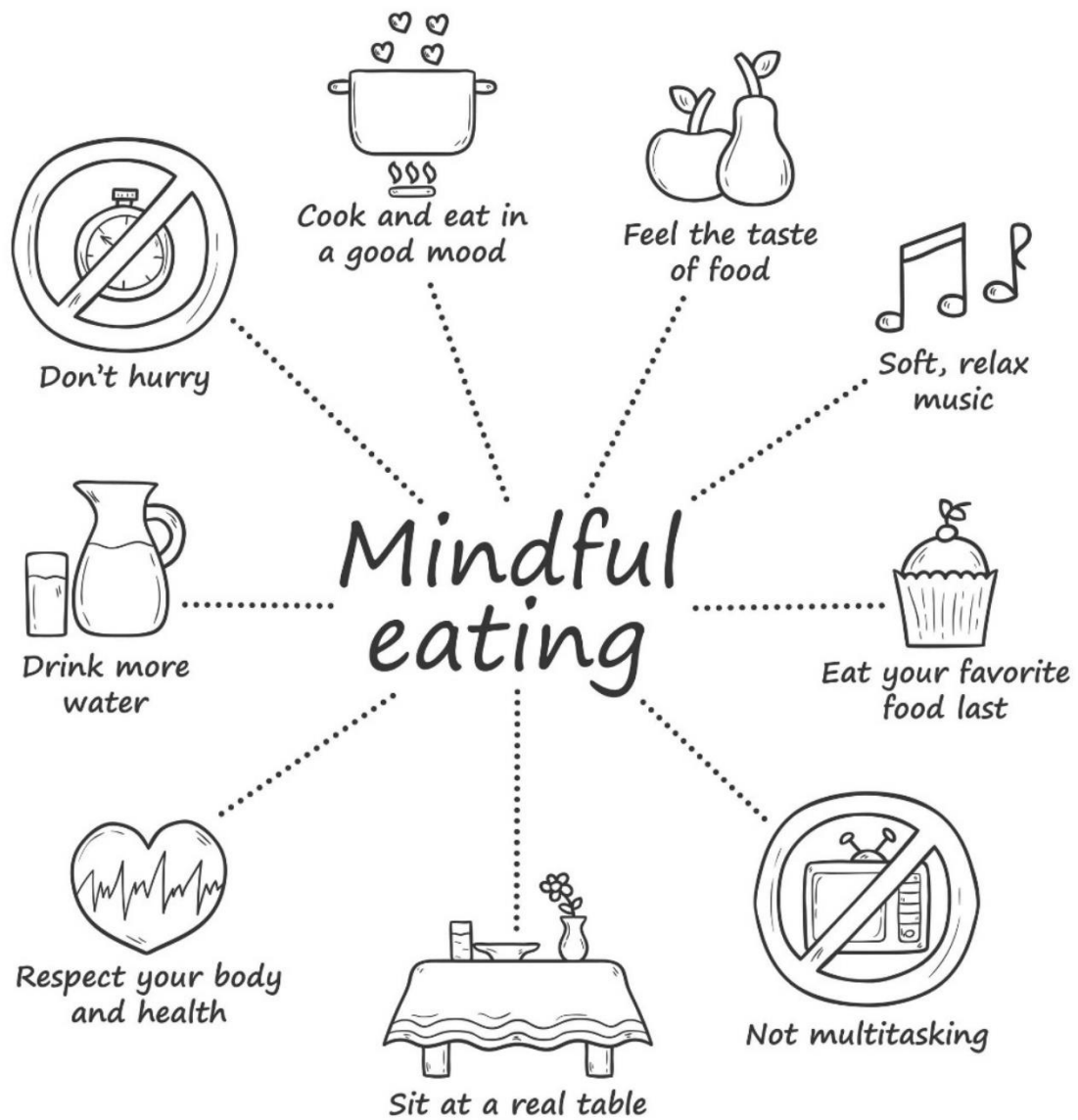
2. Eat fewer snacks and select healthier alternatives. Healthy snacks help meet our daily nutritional needs.

Write these snacks in the correct columns

**chocolate, crisps, fruit, nuts, ice-cream, boiled egg,
doughnut, whole-wheat muffin**

Healthy snacks	Unhealthy snacks

2. In your group, talk about the diagram below:



3. Write down 5 mindful eating habits you can adopt:



Setting goals

Write your goals to improve your lifestyle.



Goal 1: Healthy eating and a balanced diet

What you must do to succeed:

Goal 2: Physical activity

What you must do to succeed:

Goal 3: Stress management

What you must do to succeed:

Goal 4: Mindfulness

What you must do to succeed:

Goal 5: Being sociable

What you must do to succeed:

*There are extra sheets in Appendix 4.

Nutritional balance

A nutritionally balanced diet is not a crash diet; it is a way of eating all the right nutrients that your body needs in order to be healthy. Everyone's bodies are different and often individuals require a different amount and type of nutrients. This can depend on age, gender, illness and the rate at which your body works.

Fill in the missing numbers:

8, 2, 6, 150, 7

- Eat at least _____ portions of vegetables and two portions of fruit every day.
- Cut down your sugar and saturated fat intake.
- Drink plenty of water, 6 to _____ glasses are the recommended amount.
- Aim for at least _____ portions of fish every week.
- Reduce your salt intake. It is advised to eat no more than _____ grams a day.
- Always eat breakfast, it gives you energy for the day.
- Use starchy foods as the base of your meals. These act as your fuel for the day.
- Get active. Adults aged 19 – 64 are required to conduct _____ minutes moderate exercise a week.



1. Write these foods in the correct columns:

seeds and nuts, lard and butter, avocados, pastries, biscuits and cakes, cream, sour cream, ice cream, oily fish, savoury nibbles like crisps, olive oil and sunflower seed oil, meat pasties, pies and sausages.

Unsaturated fat	Saturated fat

The advantages and disadvantages of eating fat

2. Write **A** for Advantage and **D** for Disadvantage:



- a) It raises cholesterol levels. _____
- b) It increases the risk of a heart attack. _____
- c) It improves the taste of certain foods. _____
- d) It transports vitamins around the body. _____
- e) It puts pressure on our internal organs. _____
- f) It helps build cell membranes. _____
- g) It makes it more difficult to exercise. _____
- h) It cushions and protects our vital organs. _____
- i) It stores long-term energy. _____
- j) It can lead to depression, low self-esteem and stress. _____

Salt

Salt is in more food than we think. Ready meals and pre-cooked products often have salt added in production.

1. Name at least 15 foods that are high in salt:

2. Why is having too much salt bad for you?



3. Complete the sentences:

sage, flavour, limes, salt

a) Herbs and spices are often used to replace _____,

b) The best ones are: cumin, cayenne, paprika, black pepper, oregano, lemon peel, garlic and onion powder, and rubbed _____.

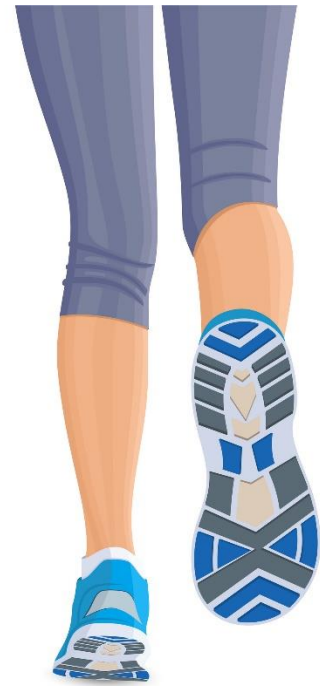
c) The juice from lemons, _____, and even oranges and grapefruit can all be used to flavour your food without salt.

d) Celery, onion, garlic, fennel and green peppers can be used to add _____.

Benefits of physical activity

Decide if these benefits of physical activity are physical or mental. Write **P** for Physical and **M** for Mental.

- a) Controls weight
- b) Reduces risk of cardiovascular disease
- c) Promotes feeling of calm
- d) Reduces risk for type 2 diabetes
- e) Reduces risk of some cancers
- f) Improves social life
- g) Strengthens bones and muscles
- h) Relieves stress
- i) Boosts your energy
- j) Improves mood
- k) Improves ability to do daily activities
- l) Improves mental health
- m) Increases chances of living longer
- n) Helps meeting of new people
- o) Helps to treat depression
- p) Improves sleep patterns
- q) Promotes clear thinking
- r) Brings about a feeling of positivity
- s) Makes you feel good about yourself
- t) Helps to relax the muscles and relieve tension
- u) Improves concentration and memory
- v) Boosts your immune system



Safety when exercising

It's wise to talk to a doctor if you have any questions about your health or plan to start more vigorous workouts, especially if you haven't been active recently.

Tips for avoiding injuries

1. Choose the correct answers:

Warm up and cool down for

- 60 minutes
- 5 to 10 minutes
- 3 to 5 minutes

If you are just starting:

- Start slowly
- Do difficult workouts
- Start with at least an hour of activity

Training too hard or too often can

- cause you to have very large muscles
- cause injuries like stress fractures, sore joints and muscles
- cause you to become fitter in a short space of time

To prevent repetitive wear and tear on certain parts of your body:

- Take part in one physical activity only.
- Take part in a mix of different activities.
- Take part in physical activities only once a week.



Local leisure facilities

Include the details below:

Leisure facility 1

Name of the leisure facility: _____

One way to contact them: _____

Activities they provide:

Leisure facility 2

Name of the leisure facility: _____

One way to contact them: _____

Activities they provide:

Leisure facility 3

Name of the leisure facility: _____

One way to contact them: _____

Activities they provide:

Symptoms of stress

Tick the symptoms of stress:

- Agitation, frustration
- Mood swings
- Feeling overwhelmed
- Calmness
- Happiness
- Having difficulty relaxing
- Constant stressful thoughts
- Feeling bad about yourself
- Avoiding others
- Boosts of energy
- Low self-esteem
- Feeling lonely and worthless
- Low energy
- Healthy appetite
- Depression
- Headaches
- Upset stomach
- Aches, pains, and tense muscles
- Self-confidence
- Chest pain
- Feeling successful
- Rapid heartbeat
- Insomnia
- Feeling of well-being
- Frequent colds and infections
- Nervousness and shaking
- Ringing in the ear
- Motivation
- Cold hands and feet
- Excess sweating
- Contentment
- Dry mouth
- Clenched jaw
- Grinding teeth



Smoking

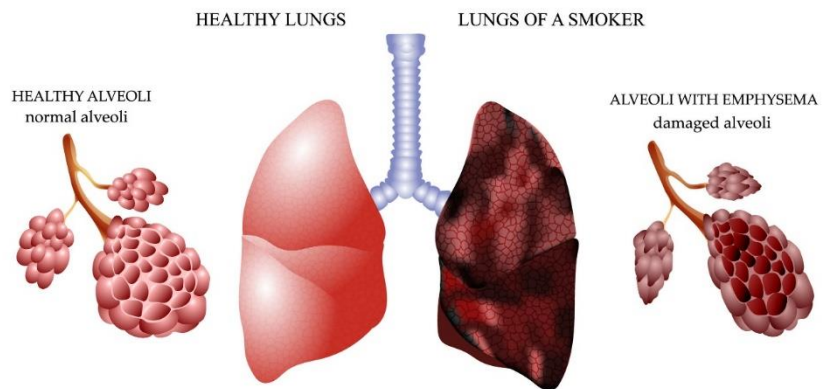
1. Name some effects of smoking on physical health:

2. Name some effects of smoking on others:

3. Write your own warning label on this packet of cigarettes:



4. Talk about this diagram.



Appendix I: Weekly Healthy Eating Checklist

Use this checklist to track your nutrition:

DATE							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MAIN NUTRIENTS							
FRUIT AND VEGETABLES (5+)							
PROTEIN							
CARBOHYDRATES							
FATS							
VITAMINS							
MINERALS							
SUGAR							
8 GLASSES OF WATER							
NOTES							

Mapping of Learning Outcomes

The learner will be able to:

1. describe the concepts underpinning a healthy lifestyle, including healthy eating, physical activity, and stress management Pages 5 to 12 (General healthy lifestyle), Pages 12 to 14 (Plan for a healthy lifestyle – daily checklist, goals, lifestyle diary), / Appendix 1 (Healthy eating checklist OR Online Daily Plate), Appendix 2 (Lifestyle Diary Template), Appendix 4 (Goals)
2. demonstrate an understanding of the food pyramid, calorie intake, and the factors that affect calorie intake Pages 17 and 18 (Healthy plate), Pages 19 and 20 (Daily allowances, food labels), Pages 36 to 38 (Calories), Page 39 (Food labels)
3. identify the benefits of good eating practices on a healthy, stress-free life Page 16 (A varied diet), Page 21 (Nutrition), Pages 22 to 33 (Healthy food and benefits), Page 34 (Healthy cooking), Page 35 (Portion sizes),
4. demonstrate an understanding of physical fitness, including the factors that affect fitness, its components, and the mental and physical benefits of physical activities Pages 43 and 44 (Physical activity – reasons), Page 45 (Factors affecting fitness), Page 46 (Benefits of physical activity), Page 49 (Components of fitness)
5. demonstrate knowledge of the safety factors that must be considered when taking part in physical activities, including warming up and cooling down, and stretches for major muscles Pages 47 and 48 (General exercise safety), Pages 50 and 51 (Warming up), Page 52 (Cooling down), Page 53 (Balance), Page 54 (Stretching)
6. list local leisure facilities and the activities they provide Page 55 (Local leisure facilities)
7. demonstrate a basic understanding of stress, the common factors that cause stress, and methods of managing stress

Pages 58 and 59 (Causes of stress, managing stress), Page 60 (Symptoms of stress), Pages 61 and 62 (Basics of stress management), Page 63 (Positive mental attitude), Page 64 (Deep breathing), Page 65 (Life control/balance), Page 66 (Self-confidence), Page 67 (Problem page)

8. outline the effects of smoking and substance abuse on physical and mental health Pages 68 and 69 (Substance abuse and effects), Page 70 (Research task - drugs), Appendix 6 (Template for research), Page 71 (Smoking), Page 72 (Alcohol), Page 73 (Agencies that can help with addictions)

9. maintain a lifestyle diary, recording food intake, physical activity, and stressors Page 14 (Diary tips), Appendix 1 (Healthy eating checklist / online Daily Plate), Appendix 2 (Diary template)

10. design a balanced meal Pages 40 and 41 (Designing meal)

11. demonstrate exercises that incorporate the components of fitness Pages 50 and 51 (Warming up), Page 52 (Cooling down), Page 53 (Balance), Page 54 (Stretching), Page 56 (Taking part), Appendix 2 (Lifestyle diary), Appendix 5 (Activity list and components)

12. reflect on own personal life style practices, including changes made as a result of new learning Page 75 (Healthy habits), Pages 76 to 78 (Reviewing goals, steps taken, still to be done, how changes will affect life), Page 79 (Rough plan for a future healthy lifestyle)

13. demonstrate the application of communications, team working and quality awareness in a health and fitness environment. Page 80 (Examples of tasks, communications skills, personal qualities), Page 81 (Role-play in a health and fitness environment), Appendix 3 (Questionnaire for role-play), Page 82 (Quality in a health and fitness environment)

Weighting Example

Collection of work 60%

1. Healthy lifestyle concepts
2. Setting goals
3. Healthy plate, food groups, portion size, calories
4. Nutritional balance
5. Physical fitness and benefits
6. Factors affecting fitness
7. Local leisure facilities
8. Stress and ways to manage it
9. Substance abuse
10. Reviewing goals
11. Future plan
12. Working in a health and fitness environment

Skills demonstration 40%

1. Starting and maintaining healthy lifestyle diary, Healthy eating checklist
2. Discussion 1: mindful eating, life balance, Discussion 2: stress management
3. Designing healthy meal (+ Healthy Meal Checklist)
4. Taking part in exercising, safety when exercising, components of fitness (+ Appendix 5)
5. Warming up / Cooling down
6. Balancing and stretching
7. Short presentation (substance abuse)
8. Health and fitness role-play