Student Health Notes (8th Grade) 1A - Nutrition, Physical Activity, and Sleep

Physical Activity – Any __________________ that increases health (Textbook 9.1)

E_________ – P__________ activity to increase health (Textbook 9.1)

***HEALTH S.O.L. 8.1b. Assess the health risks of a sedentary lifestyle.

S________ Lifestyle – (Textbook 1.3) a way of life that includes little to no physical activity

Consequences of Living a Sedentary Lifestyle to Your:

Physical Health
- increased risk of _____ disease--
- heart attack, stroke
- diabetes or overweight
- high blood cholesterol
- difficulty ________

Mental/Emotional Health
- low self-__________
- poor body image
- low self-worth

Social Health
- decreases chance of making _______ friends
- less likely to go out to be with people
- reduced the ________ you have
- may withdraw from opportunities to try ____

*PTI Activity – Discuss and write down several unnecessary activities that you do that are sedentary.

***HEALTH S.O.L. 8.3b. Evaluate the physical, mental, and social benefits of physical activity (P.A.)

Cognitive Performance
- the way in which you ________ or __________ when you do a task

Physical Benefits of P.A.
- reduces the risk of ______
- and illness (heart attack, stroke, high blood pressure, Type 2 diabetes, cancer)
- lower ________
- builds up your ________ system

Mental/Emotional Benefits of P.A.
- improves your self-______
- and self-__________
- helps you manage ________ more
- efficiently
- --better
- --more alert
- --Think clearer, __________

Social Benefits
- --meet new _________
- --try new activities or games
- --improve ________, cooperation with others
- --spend ________ with friends
- --__________ - therefore you may do better (endorphins)

*PTI Activity – Discuss and write down how/when you can change some sedentary activities to P.A.

HEALTH S.O.L. 8.1e. Assess the health risks of not getting enough sleep.

Deprivation – define: a lack of __________ that negatively affects health, performance, and appearance

Effect on our health (brainstorm--list at least 2-3) Teens should get _____ hours of sleep each night

A. ________ Effects of not Getting Enough Sleep
1. more clumsy -- affects balance and coordination – slows down __________ time
2. poorer performance in __________
3. may get ________ more easily (immune system)

B. Mental/Emotional Effects of not Getting Enough Sleep
1. mood: cranky, irritable;
2. more difficult to concentrate
3. poor decision-__________
4. negatively affects ________

C. Social Effects of not Getting Enough Sleep
1. negative interactions with family and ________
2. may miss out on doing things with others due to being ________
3. may ________ others -- falling asleep or being drowsy while driving

*PTI Activity - Discuss and write down how many hours you usually sleep & how you could improve your sleep.
**HEALTH S.O.L. 8.2c.** Determine the benefits of developing and implementing short- and long-term personal and family health and fitness goals that are achievable and purposeful.

**HEALTH S.O.L. 8.2j.** Create short- and long-term health and fitness SMART goals that are achievable, purposeful, and that support cognitive performance and academic success.

---

A. Examples of short-term (___ weeks - ___ month) and long-term (_____ month or more, sometimes years)

<table>
<thead>
<tr>
<th>Short-term</th>
<th>Long-term</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B Honor roll for 1st quarter</td>
<td>A/B Honor Roll for entire year</td>
</tr>
<tr>
<td>Score ** points in next game</td>
<td>Make All-star team</td>
</tr>
<tr>
<td>Run __ more laps on the PACER</td>
<td>Get _____ more laps on the ________</td>
</tr>
<tr>
<td>To save $ “work” get a job</td>
<td>Save money for a big $$ item or College</td>
</tr>
<tr>
<td>Get under 9 mins in mile run</td>
<td>Qualify for the Hurricane Mile</td>
</tr>
<tr>
<td>Run, do Push ups 3xs a _____ for 20 mins</td>
<td>Train for and try out for a sport in high school</td>
</tr>
</tbody>
</table>

---

B. Benefits of setting both short-term and long-term goals

1. helps keep you ____________ on achieving your goal
2. gives precise _________ to achieve a goal
3. helps you recognize your ____________ and ______________
4. gives you something to ________ towards

C. Goals should be “______________.”

“S” = ___________ – narrow your goal; avoid using words such as “faster”, “better”, “improve”

“M” = ___________ – how will you know if you achieved your goal? You can measure numbers/time.

“A” = ___________ – How will you accomplish or reach this goal? Can you reach this goal?

“R” = ___________ – is this something that truly exists or could take place not something you make up in your mind? Something genuine/real?

“T” = ___________ – specific end date; not a time that is so many months or years away that you would have difficulty staying on track

D. Things to remember

1. Set a ______ term goal first and then set smaller, easier short term goals to help you achieve the long term goal.
2. It is recommended to be active for ___ minutes every_____.
3. When working to gain muscle strength you should take a day ______ between workouts.
4. When working on endurance you should work out _____ days a week.
5. ________________ your goals and time for activity helps you actually do and reach your goals better
6. _______ and working with a friends or family also helps you reach your goals

---

F. _______________ - Last step in the process: Whats next?

1. Determine whether or not you _____ your goal
2. Assess whether or not your course of action (plan) was effective –what worked or didn't work?
3. Evaluation helps you to determine how you would ______ for future goals
4. Set a _____ goal that is even better.
Examples for each part of the F.I.T.T. Principle

<table>
<thead>
<tr>
<th>F-_________ (How O______)</th>
<th>I-_________ (How H______)</th>
<th>T-_________ (How L______)</th>
<th>T-_________ (What A______)</th>
</tr>
</thead>
<tbody>
<tr>
<td>everyday</td>
<td>Level 3</td>
<td>30 minutes</td>
<td>run</td>
</tr>
<tr>
<td>3 days a week</td>
<td>Level 3-4</td>
<td>12 repetitions</td>
<td>jog</td>
</tr>
<tr>
<td>Every other day</td>
<td>high</td>
<td>1 mile</td>
<td>sprint</td>
</tr>
<tr>
<td>2 times each day</td>
<td>fast</td>
<td></td>
<td>push ups</td>
</tr>
<tr>
<td>Every morning, noon,</td>
<td>moderate</td>
<td></td>
<td>sit and reach</td>
</tr>
<tr>
<td>evening</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>vigorous</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Long Term Plan /Goal Example**

I will be able to run the mile (type), 1 time during the spring fitness tests (frequency), in under 7:30 minutes (time), at a 3-5 intensity.

Write your own long term physical activity goal using the FITT principal.

**Short Term Plan /Goal Example**

I will jog (Type), 3 times a week (Frequency), for 30 minutes (Time), at an intensity level of 3 (Intensity).

Write your own short-term physical activity goal that will help you reach the above long term goal using the FITT principle.

***HEALTH S.O.L. 8.1c. Examine the health risks caused by food contaminants***

Food poisoning occurs after eating food contaminated by __________. The symptoms of food poisoning are basically the same as those of stomach flu: abdominal cramps, nausea, __________, diarrhea, and fever. The bacteria that cause food poisoning cannot be seen, smelled, or _________.

1. **Staphylococcus Aureus (Staph)**
   Staph contamination is the leading cause of food __________. These bacteria ordinarily cause skin infections, such as pimples or boils when food is left at a temperature that is lower than the temperature needed to keep food hot—the staph bacteria multiply and produce a poison (toxin).

2. **Salmonella**
   __________ bacteria commonly contaminates foods like raw meat (including chicken), raw or undercooked eggs, and unpasteurized milk. Fortunately, salmonella are killed when the food is cooked thoroughly.

3. **E. Coli**
   A few strains of these bacteria can cause food-related illnesses. Under __________ ground beef is a common source of E. coli, although raw produce and contaminated water have caused some outbreaks.

4. **Other sources of food poisoning include poisonous mushrooms and contaminated fish products.**

**Treatment**

In most cases of food-borne illnesses, all that’s necessary is to limit your eating and drinking for a while. The problem will then usually resolve itself. If you are still vomiting or diarrhea has not decreased significantly after about 4 hours, call your pediatrician.

**Prevention Do’s and Don’ts**

Most food-borne illness is preventable if you observe the following guidelines.

- Be careful when preparing ____ meats and poultry. Wash your hands and all surfaces that have come in contact with the raw meat and poultry, with hot, sudsy water before continuing your preparation.
- Always wash your _________ before preparing meals and after going to the bathroom if you have open ____ or sores on your hands, wear gloves while preparing food.
- Do not prepare food when you are ______.
- Don’t use canned or jarred goods showing any of signs of damage.
- Do not eat raw meat.
- Do not let prepared foods (particularly starchy ones), cooked and cured meats, cheese, or anything with mayonnaise stay at room temperature for more than two ________.
DietS aren't the way to go when it comes to losing weight. That's because they create temporary eating patterns and, therefore, temporary results. Most dieters gain back any lost ________ when they go back to their old eating habits. Weight loss is most likely to be successful when people change their habits, replacing old, unhealthy ones with new, healthy behaviors. Here are 5 ways to make that happen:

1. _________. Regular physical activity burns calories and builds muscle — both of which help you look and feel good and keep weight off. If you want to burn more calories, increase the intensity of your workout.
2. Reduce _____ time. One reason people get less exercise these days is because of an increase in "screen time" — the amount of time spent watching TV, looking at the computer, using mobile devices, or playing video games.
3. Watch out for portion distortion. ________ sizes are bigger than they used to be, and these extra calories contribute to obesity. Another key factor in weight gain is that more people drink sugary beverages, such as ________, juice drinks, and sports drinks. So choose smaller portions.
4. Eat 5 servings of fruits and ________ a day. Fruits and veggies are about more than just vitamins and minerals. They're also packed with fiber, which means they fill you up.
5. Don't ________ breakfast. Breakfast kick-starts your metabolism, burning ________ from the get-go and giving you energy to do more during the day. People who skip breakfast often feel so hungry that they eat ________ later on.

Lots of today's popular diets take advantage of our desire to drop weight quickly. Unfortunately, though, "quick-fix" diets don't work.

Clues that a diet may be more about empty promises than real results:

1. The diet is based on drastically cutting back _C_________________. Starvation-type diets don’t work!
2. The diet is based on taking special P ___________, P ___________ or herbs. These are usually just gimmicks and the only thing they slim down is your wallet.
3. Some diet pills force a person's body to eliminate more W ___________. Just like restricted-calorie diets, the weight lost with these supplements is mostly water, not fat.
4. Other supplements claim that their ingredients S ________ up metabolism; suppress appetite; or block the absorption of fat, sugars, or carbohydrates. For most diet supplements, there's no reliable scientific research to back up their claims. And doctors consider diet supplements risky for t ________ because not much is known about how the ingredients affect the growing body.
5. The diet tells you to eat only specific foods or foods in certain combinations. Limiting the foods you eat means you might not get all the n ____________ you need.
6. The diet makes you completely C _______ O ________ fat, sugar, or carbs. Depriving our bodies of needed food groups is a bad idea (especially when they're still growing).
7. The diet requires you to S ________ M ___________ or replace meals with special drinks or food bars. As with diets that ban certain food groups, skipping or substituting meals can mean you don't get the nutrition needed to support healthy development.

**HEALTH S.O.L. 8.3d. Identify strategies to increase water intake.**

1. Carry a ____________ with you.
2. Replace juice, soda, and sports drinks with ________.
3. Take a ________ every time you pass a water fountain.
4. __________________________________________________________________________________
5. ___________________________________________________________________________________

**HEALTH S.O.L. 8.2e. Analyze the impact of family and personal influences on eating habits and attitudes toward weight management.**

PTI Activity - Discuss family and personal influences on eating habits and weight management. Do your parents exercise? Do they eat out a lot? Do they eat healthy? Do they eat organic? Is it more expensive to eat healthy? Do you care what you look like or if you are overweight? Why do you care? How does social media influence how you eat or want to look? How do commercials influence you? How do your friends, teachers, parents, or famous people influence these attitudes?

PTI Activity – What attitudes do you have about PA and weight management?
**HEALTH S.O.L. 8.3c.** Develop practical solutions for removing barriers to physical activity & healthy food choices. Class partner or / and small group discussion on practical solutions can include: using a calendar, devices or apps, prioritizing time, doing it with family or friends, maybe competition, ask parents for help, make exercise fun (choose something you like to do, with who you like to be with, listen to music, set goals) bring your own lunch to school

PTI Activity – What barriers do you have to PA and weight management? __________________________

PTI Activity – How can you remove some barriers to PA and weight management? ____________________

***HEALTH S.O.L. 8.1d.** Identify eating disorders, and describe the dangers of engaging in unbalanced and unsafe diet practices to gain or lose weight.

***HEALTH S.O.L. 8.2f.** Examine the causes and effects of compulsive behaviors, such as eating disorders.

**Compulsive Eating Disorders** (Textbook 11.2 p.266-269)

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Definition</th>
<th>Typical Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anorexia Nervosa</strong></td>
<td></td>
<td>Do _____ in school. _____ Self – Esteem, _____ Body Image</td>
</tr>
<tr>
<td><strong>Anorexia means _____</strong></td>
<td>Self-starvation leading to extreme weight loss</td>
<td>Although dangerously _____, still see themselves as _____</td>
</tr>
<tr>
<td><strong>Nervosa means _____</strong></td>
<td></td>
<td>If untreated one can _____ from starvation, heart failure or kidney failure The _____ that comes from anorexia can lead to thoughts of _____</td>
</tr>
<tr>
<td><strong>Bulimia Nervosa</strong></td>
<td></td>
<td>Condition where a person eats large amounts of food and secretly purges</td>
</tr>
<tr>
<td><strong>They usually do not become extremely _____</strong></td>
<td></td>
<td>Some Wrestlers do this</td>
</tr>
<tr>
<td><strong>They purge by _________ or taking</strong></td>
<td></td>
<td>Most common among Males or Females (circle one)</td>
</tr>
<tr>
<td><strong>Purges means p. 268</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Binge Eating Disorder</strong></td>
<td>Compulsive over eating</td>
<td>Eat when not hungry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eat amount large enough to make them physically uncomfortable</td>
</tr>
</tbody>
</table>

Reasons why eating disorders may develop p. 266

1. ____________________________________________________________________________________

2. ____________________________________________________________________________________

***HEALTH S.O.L. 8.3f.** Create a plan to make healthy food choices, including choosing fruits and vegetables, in a variety of settings. Encourage family and peers to choose healthy foods. Activity in PE and a later Portfolio assignment.
**PE S.O.L. 8.2f.** Describe effects of exercise/activity on physical movement, body systems, and brain development.

### Exercise and Your Body

A balanced exercise program, which includes exercises that will improve your strength, stamina, and flexibility, should be a part of your everyday routine. You must realize, however, that age and physical problems may prevent you from doing all types of exercises. It is possible, though, to be physically active and fit at any age.

**Promotes psychological well-being.** Those who exercise have more energy, breathe better, and experience more restful sleep. They also function better mentally, have better memories and have improved reasoning abilities.

**Reduces feelings of depression and anxiety.** Exercise not only relieves the symptoms of depression and anxiety, there is evidence that it may also reduce the risk of developing depression and anxiety.

**Improves resistance to cold.**

**Reduces the risk of death from heart disease.** Regular physical activity decreases the risk of cardiovascular disease and coronary heart disease. If you have a heart attack, your chances of survival are improved if your body is strong from regular exercise.

**Prevents or delays the development of high blood pressure.** Reduces blood pressure in people with hypertension.

**Helps older adults become mobile and avoid falls.** There is some evidence that physical activity makes a person more active and less susceptible to falls.

**Reduces the risk of developing diabetes.** Regular physical activity lowers the risk of developing non-insulin-dependent diabetes mellitus and seems to stabilize the blood sugar.

**Improves muscle strength.** Age is no barrier to improving strength in one’s muscles.

**Helps control weight.** Increasing physical activity while maintaining the same level of caloric intake results in a reduction of fat cells. Also, exercise builds muscle. A muscular body burns more calories even at rest than one that is not muscular.

**Reduces the risk of colon cancer.** Regular physical activity is associated with a decreased risk of colon cancer, and evidence is accumulating that it may prevent other types of cancer as well.

**Improves flexibility and suppleness.**

**Enhances self-image.** Helps build and maintain healthy bones, muscles, and joints. It may benefit those with arthritis. Including weight-bearing activities is also essential for normal bone development during childhood and adolescence and for achieving and maintaining peak bone mass, which is essential in preventing osteoporosis.