



1. Label Reading

Look at the three labels provided.
Which food has the most:

Sugar	
Fibre	
Fat	
Energy	



2. Addictive Foods

Three substances

- found in food naturally,
- added during cooking,
- or in food manufacturing

are very addictive.

What are they?



3. Diseases

Below are two disease descriptions. State which one is **communicable**, and which one is **non communicable**.

Option 1

A disease that I can catch from a friend when sharing the same spoon.

Option 2

A disease that my friend has that I cannot catch.



4. Positive Lifestyle Foods

Living a positive lifestyle promotes eating certain foods. Give examples of each:

Fresh foods	
Foods as grown	
Cholesterol free	
Simply prepared	
Minimal oil	
Minimal salt	
No added sugar	



5. Food Processing

Draw a line to match the foods with their description.

Whole food

Canned
pineapple

Refined food
(some parts removed)

Fresh
pineapple
slices

Processed food
(All parts there but different
from original state)

Pineapple
juice



6. Food Processing

Food is changed during processing. Answer the following question:

When food is processed what usually happens to the following nutrients? Do they increase or decrease? ↑ ↓

- A. Fibre
- B. Minerals
- C. Nutrients
- D. Vitamins
- E. Water
- F. Sugar
- G. Fats
- H. Salt



7. Food Additives

List 3 foods with each of the following added during processing:

Fats:

- 1
- 2
- 3

Sugars:

- 1
- 2
- 3

Salt:

- 1
- 2
- 3



8. Fibre

List 5 foods with good amounts of fibre (hint – these foods make you go to the toilet)

1

2

3

4

5



9. Energy

The food we eat gives us energy. Our body uses energy in different ways.

Match the number to the letter to show how much energy is burnt by which activity:

1. Exercise

A. 60%

2. Movement during the day

B. 5%

3. Digestion of food

C. 10%

4. Just existing

D. 25%



10. Activity

How much activity should I be aiming to do a day?



11. Sleep

List 5 things that can improve sleep.

1

2

3

4

5



12. Sabbath Rest

What is a Sabbath rest?



13. Lifestyle Change

We can change our lifestyle by
(label which one comes first, second and third)

A. Which changes my **beliefs**

(I can do something to feel better)

B. Changing the way I think
about my **experience**

(Example: I am tired of being sick)

C. Which changes my **actions**

(I will not eat takeaways so I don't feel sick)

1 2 3



14. Vitamins

True or False

A. Vitamin D is important for bone health and immune system and is found in some animal foods.

Where else can I get vitamin D?

B. Vitamin B12 is important for making good blood and our nerves. It is only found in animal products.

As it is vital for continued health I need to speak to my clinic or doctor and tell them I need B12.



15. Diabetes, Obesity and BP

True or False

- A.** High blood pressure can cause bleeding in the brain (stroke)
- B.** Being overweight can cause high blood pressure
- C.** Many people have diabetes but do not know it.
- D.** Diabetes can cause high blood pressure
- E.** Overweight, diabetes and blood pressure can all be reduced by lifestyle change.

A B C D E



16. Stress

A. Give three examples of bad stress (distress)

1.....

2.....

3.....

B. Give three examples of good stress (Eustress)

1.....

2.....

3.....

C. Can you act on the things that cause distress to make them less stressful?



17. Forgiveness

If I forgive someone, does it mean I should forget what they have done?

Why or why not?



18. Genetic Influence

My mother has diabetes.

Does that mean I will too?



19. Living an Abundant Life

A. Can I choose my happiness levels?

B. My happiness is affected by the following....

(Match the number with the happiness factor)

A. Genes

B. Life's circumstances

C. How I think and act

1. 40%

2. 10%

3. 50%



20. Measures

True or False

- A.** I do not need to worry about keeping a record of my measures as my doctor will do that.
- B.** Name one measure I can use to track my weight if I do not have a set of scales.