

## Answers Nutrition 120 Exam Review: Unit 1 Making Wellness a Lifestyle

1. What are the three major components of wellness? Explain each.

The three main components of wellness are physical health, mental health and social health. Physical health refers to the fitness of your body. Getting enough sleep, exercising and eating well are all aspects of your physical health. Mental health is related to how you feel about yourself, your life and the world around you. People with good mental health generally like themselves for who they are. Social health refers to the way you get along with other people. The relationships you have with your friends and family and others in your social circle.
2. Why is it important to establish good health habits early in life?

It is important to establish good health habits early in life so that they become part of your routine and you will continue to incorporate them for the rest of your life. The earlier a habit is established in terms of your health the better and the higher the chances of you maintaining the habit.
3. If a person is physically fit, can he/she be assumed to have achieved optimum health? Why or why not?

No just because a person is physically fit does not mean they have achieved optimum health. In order to be considered having achieved optimum health you must be healthy in all aspects of your health not just the physical. You need to have good social relationships, stress management skills, also eat healthy and not suffer from frequent illnesses.
4. Name 3 lifestyle choices that will affect a person's chances of getting a disease.

Lifestyle choices that affect your chances of getting a disease are things like smoking, decisions about nutrition, stress management and exercise.
5. List 5 lifestyle practices that health experts recommend people adopt.

5 lifestyle practices that health experts recommended people adopt are:  
Getting at least 8 hours of sleep a night, Drinking the right amount of water a day, eating healthy according to Canada's food guide, getting at least 60 minutes of physical activity a day that includes both moderate and vigorous activities, maintain a healthy body weight, avoid drinking alcohol and using drugs.
6. How many servings of each food group should you include in your daily diet?

Vegetables and Fruits 7-8 servings  
Grain Products 6-7 servings  
Milk and Alternatives 3-4 servings  
Meat and Alternatives 2-3 servings
7. What are the 6 aspects of the wellness wheel? Give an example of each.

The 6 aspects of the wellness wheel are intellectual, emotional, physical, social, spiritual and occupational. Intellectual refers to your

8. How many servings are in each of the following:

Food Item	Serving or servings
250 ml (1cup) tomato juice	2
125 ml (½ cup) strawberries	1
250 ml (1 cup) frozen peas	2
2 slices of toast	2
1 egg	1
60 ml (4 tbsp) peanut butter	2
1 Bagel	2
250 ml (1 cup) brown rice	2
6 crackers	2
¾ cup V8 juice	1
½ a banana	½

9. What is recommended in terms of physical activity for student's your age?

The recommended amount of physical activity for student's your age is 60 minutes of moderate to vigorous-intensity activity. These moderate to vigorous activities should be a variety of cardiovascular and activities that build muscles.

10. What is the difference between moderate and vigorous intensity activities?

Moderate intensity makes your heart beat faster. You should be able to talk or even sing. Vigorous activity your heart rate will increase even more and you will not be able to say more than a few words without catching a breath.

11. How many hours of sleep do students your age need?

8 hours.