

Nutrition 120 Exam Review: Unit 1 Making Wellness a Lifestyle

Terms:

Wellness

Optimum health

Premature death

Life expectancy

Physical health

Mental health

Social health

Holistic

Wellness wheel

Risk factor

1. What are the three major components of wellness? Explain each.
2. Why is it important to establish good health habits early in life?
3. If a person is physically fit, can he/she be assumed to have achieved optimum health? Why or why not?
4. Name 3 lifestyle choices that will affect a person's chances of getting a disease.
5. List 5 lifestyle practices that health experts recommend people adopt.
6. How many servings of each food group should you include in your daily diet?
7. What are the 6 aspects of the wellness wheel? Give an example of each.
8. How many servings are in each of the following:

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

9. What is recommended in terms of physical activity for student's your age?
10. What is the difference between moderate and vigorous intensity activities?
11. How many hours of sleep do students your age need?