



It Takes 7 Health Quiz **ANSWERS**

<p>ATTITUDE A positive attitude - list some benefits for your body Frowning or smiling – which uses the most muscles? Why is prolonged stress not good for the body?</p>	<p>Improves immune function, promotes sleep, increases energy Smiling Reduces energy, memory and concentration, impacts relationships, can create anxiety and/or depression, may cause insomnia</p>
<p>AIR What is the vital component of air for our body? Why is fresh air important in your house or workspace? How does posture affect breathing?</p>	<p>Oxygen To provide adequate oxygen and avoid noxious gases Correct posture promotes deep breathing that maximises the lung capacity and increases the oxygenation of the blood</p>
<p>NUTRITION What are the 5 food groups? Match these foods correctly A lot ... Sweets Some ... Fruit/Vegetables A little ... Meat/Dairy/Grains</p>	<p>Cereal, Meat, Dairy, Fruit & Vegetables A lot of - fruit and vegetables Some - meat, grains and dairy A little - sweets</p>
<p>SUNSHINE Can you name 5 SunSmart rules? When is it good to bask in the sun? What vitamin does our body make when we are exposed to sunshine?</p>	<p>Shade, sunscreen, hat, shirt, time of day Winter, early morning and late afternoon Vitamin D</p>
<p>WATER How much water does a child need each day? An adult? When do we need more water? Which organ in our body benefits from us drinking adequate water?</p>	<p>Child: 4 – 6 cups; Adult - approximately 1 ½ litres When exercising or when it is hot All organs, especially the brain & kidneys</p>
<p>EXERCISE How much exercise does an adult need each day? What are the risks of a sedentary lifestyle?</p>	<p>20 minutes of cardio-vascular exercise, 5 x weekly Lowered immune response, Type 2 diabetes, obesity, cardiovascular disease, anxiety, depression</p>

<p>What are some benefits of exercise?</p>	<p>Improved cardiovascular function, immune responses, concentration, muscle tone, balance, positive bone density</p>
<p>REST How much sleep does a primary school student need? A teenager? An adult?</p> <p>List some benefits of sleep?</p> <p>What are other ways to calm the body?</p>	<p>10-12 hours 10 hours 8 hours</p> <p>Improved mood, behaviour and memory, good immune response, repair and recovery</p> <p>Techno free zone, reading, meditation, prayer, deep breathing, communication with family and engaging in hobbies</p>