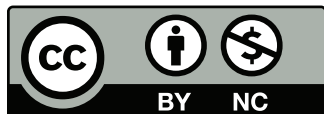


Planning

Your Well-being

OPEN SCHOOL BC

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Viewing Your PDF Learning Package

This PDF Learning Package is designed to be viewed in Acrobat. If you are using the optional media resources, you should be able to link directly to the resource from the pdf viewed in Acrobat Reader. The links may not work as expected with other pdf viewers.



Download Adobe Acrobat Reader: <http://get.adobe.com/reader/>

Overview

Section Organization

Lessons

Lessons have a combination of reading and activities to give you a chance to process the material while being an active learner. Each lesson is made up of the following parts:

Activities

Throughout some lessons you see self-checking activities.

If your learning package contains self-check activities, you will mark these activities using the solutions at the end of the section.

Lesson Summary

This is a brief summary of the lesson content as well as some instructions on what to do next.

At the end of this section you will find:

Solutions

This contains all of the solutions to the Activities.

Icons

Throughout the section you will see a few icons used on the left-hand side of the page. These icons are used to signal a change in activity or to bring your attention to important instructions.



Planning online resource (optional)

This indicates a resource available on the internet. If you do not have access, you may skip these sections.



Solutions

Your Well-being

In this section, you'll find new ways of keeping healthy and happy. You'll learn about fitness, nutrition and nutrition labelling. You will assess your own wellness level, and reflect on improvements you could make.

In this section you will:

- take inventory to evaluate your own wellness
- interpret nutritional labels
- create your own food guide

Lesson A

My Personal Wellness

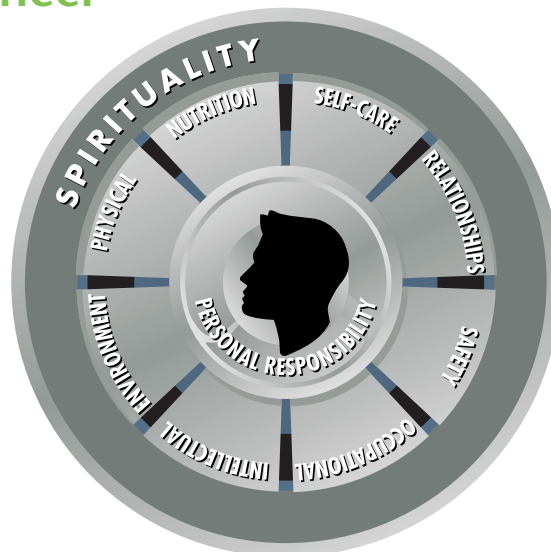
Overview

Being healthy means more than eating well, working out, or being “disease free.” There are many factors that influence our health. In this lesson you will learn about and analyze these factors. You will also discover how they influence your personal wellness and how you can improve your wellness by paying attention to each of the factors.

Wellness

Wellness is a way of living that balances all of the components of the wellness wheel. Think of the wellness wheel as a bicycle tire and imagine trying to ride a bicycle if a spoke is broken or the rim is bent. Now imagine how much easier and more efficient riding that bike would be if all the components of the tire were in tip top shape. The same is true of your wellness. If you are weak in one area then other areas of your wellness are affected. Each of the components of the wellness wheel needs attention.

Wellness Wheel



As you view the wheel, ask yourself these questions:

1. Are there aspects of your life that are not represented on this wheel?

2. Are there aspects on the wheel that are not represented in your life?



If you have access, you can view an interactive *Wellness Wheel* online.
<http://media.openschool.bc.ca/osbcmmedia/pl10/pl105/pl1051a1a001.html>.

Relationships

We have all kinds of relationships with all kinds of people. If a relationship isn't going well, it can affect other areas of our wellness.

Wellness in our relationships is:

- Being in touch with our emotions
- How we communicate our feelings
- Showing respect to others

Safety:

There are dangers all around us. It is important to take safety precautions seriously.

Safety is

- being able to predict outcomes
- taking positive risks
- using proper safety equipment

Occupational

Being happy with your job is also part of wellness. Like the saying goes, "Find a job you love, and you'll never work another day in your life!"

Occupational wellness is:

- knowing your strengths and skills
- exploring your likes and dislikes
- acquiring skills by volunteering

Intellectual

Your brain is a muscle that also needs regular exercise.

Intellectual wellness is:

- learning from your mistakes
- learning what you want to learn
- being proud of your accomplishments

Environmental

Environmental wellness is being aware of the issues that affect our environment. It's also involves trying to minimize our impact on the environment.

Environmental wellness is about your surroundings and is:

- your home
- your local and global communities
- how you care for them

Physical

Physical wellness is looking after your heart, muscles, and bones. Working out is also a great way to reduce stress, and clear your mind.

Physical wellness is:

- respecting your body
- engaging in enough physical activity
- making healthy choices

Food provides the fuel for your mind and body to work. The healthier you eat, the better your body and mind will function.

Nutrition

Nutritional wellness is:

- maintaining a healthy bodyweight
- having sensible eating habits
- not overeating

Self-Care

Stress is a barrier to good physical and mental health. Taking time each day to look after yourself will reduce stress.

Self care is:

- taking time for yourself
- learning how to manage stress
- seeking medical attention when necessary

Spirituality

Spirituality is the glue or rim of the wheel. What we choose to do, how we do it, and why we do it, are all guided by our spirituality.

Spirituality is:

- our beliefs
- our ethics
- and our principles which guide the way we act

Personal Responsibility:

We are presented with choices each and every day. Personal Responsibility is learning to be accountable for the decisions and actions you take. It is the hub of the wheel, because you are ultimately responsible for your wellness.

Personal responsibility is:

- being accountable for your own decisions and actions

Activity 1 How Well Are You?

Now is the time to think about your own wellness and identify the factors that influence your health.

1. Complete the *Wellness Inventory* that follows.
2. Score your inventory to get your results. Score each of the 10 categories separately. The score for each question is the value you circled.

Summary

Completing this lesson has helped you to:

- Identify and analyze the factors that influence wellness.
- Assess your own personal **wellness**.

TestWell[®] : Wellness Inventory – Instructions

On the answer sheet provided, please circle the number that best identifies your response to each corresponding statement.

1. Almost Never (less than 10% of the time)
2. Occasionally (approximately 25% of the time)
3. Often (approximately 50% of the time)
4. Very Often (approximately 75% of the time)
5. Almost Always (95% or more of the time)

Physical Fitness and Nutrition

1. I exercise aerobically (continuous, vigorous, sweat-producing exercise for 20-30 minutes) at least 3 times per week. (Examples: basketball, swimming, racquetball)
2. Stretching is a routine part of my exercise program.
3. I increase my physical activity by walking or biking for transportation.
4. My exercise program includes a balance of the three fitness components-cardiovascular (aerobic), strength (muscle tone and development), and flexibility (stretching).
5. If I am not in shape, I avoid sporadic (once a week or less) strenuous exercise. (If you are in shape, answer "5".)
6. I avoid eating foods that are high in fat (fatty cuts of meat, whole milk dairy products, fried foods, hot dogs, processed foods, rich desserts, and creamy sauces).
7. I limit my consumption of beverages containing caffeine (coffee, tea, colas) to two a day.
8. I eat or drink at least two servings of milk products every day. (One serving equals 1 cup of milk, ½ cup cottage cheese or yogurt or 1 ounce of cheese.)
9. I maintain my weight without the use of fad diets or yo-yo diets (alternating periods of eating very little with eating too much).
10. I eat at least five servings (one serving equals ½ cup) of fruits and/or vegetables every day.

Self-Care

11. I receive immunizations at the recommended times.
12. I examine my breasts or testes on a monthly basis.
13. I avoid exposing myself to tobacco smoke.
14. I get 6 to 8 hours of sleep every night.
15. I drink eight glasses of water every night.
16. I floss my teeth once per day.
17. I am aware of community health resources where I can obtain information and services.
18. I use sunscreen and wear protective clothing to protect my skin from sun damage.
19. I maintain my blood pressure within the range recommended by my doctor. (If you have not had your blood pressure checked in the last year, answer "1".)
20. I maintain my blood cholesterol level within the range recommended by my doctor. (If you have never had your cholesterol checked, answer "1".)

Safety and Lifestyle

21. I know how to respond in the event of an emergency situation (such as fire, power outage, earthquake, volcano, hurricane, or tornado).
22. I do not ride with vehicle operators who are under the influence of alcohol or other drugs.
23. I stay within five miles per hour of the speed limit.

24. I wear my seat belt and/or shoulder harness while traveling.
25. I avoid situations that would put myself or others in danger.
26. I enjoy myself without the use of drugs or alcohol.
27. I avoid the use of all tobacco products (including smokeless tobacco).
28. I avoid the use of street drugs or prescription drugs obtained from illegal or unlicensed sources.
29. I use the recommended safety equipment (mouthguard, pads, goggles, life jacket) for any activity in which I participate.
30. When I travel on a motorcycle, bicycle, or all-terrain vehicle, I wear a helmet. (If you do not travel on a motorcycle, bicycle or all-terrain vehicle, answer "5".)

Environmental Wellness

31. To conserve energy, I turn off lights and electrical appliances such as stereos, televisions, or electric rollers, when I am not using them.
32. I carpool or take as many riders as I safely can when I am driving a car. (If you do not drive, answer "5".)
33. I drive a fuel efficient vehicle. (If you do not drive, answer "5".)
34. I avoid eating at fast food restaurants that package their food in styrofoam.
35. To reduce the amount of pollution, I drive a well maintained vehicle. (If you do not drive, answer "5".)
36. I do not let the water faucet run while I am brushing my teeth, shaving, or washing the car.
37. I regularly recycle my paper, plastic, glass, and aluminum.
38. I am concerned about protecting the environment.
39. I encourage my friends and family to protect the environment.
40. I purchase products made with recycled materials whenever possible.

Social Awareness

41. My behavior is fair and ethical.
42. I make an effort to understand my family and friends.
43. I resolve conflict in a positive and respectful manner.
44. I take time to enjoy my family as well as my friends.
45. I am a responsible citizen in my community.
46. I help others in need.
47. I maintain a current CPR (cardiopulmonary resuscitation) certification.
48. When I notice something that is dangerous to others, I take action to correct the situation.
49. I actively participate in at least one organization that strives to better the community where I live.
50. I participate in events that help my community. (Examples: food drives, fund raisers, planting trees)

Emotional Awareness and Sexuality

51. I am sensitive to other people's feelings.
52. I am able to love others without expecting them to "earn" my love.
53. I have positive interactions with men in my life.
54. I have positive interactions with women in my life.
55. I have satisfying relationships with other people that are not sexual in nature.
56. I am accepting of others who have different sexual orientations.
57. I understand other people's decisions to engage or not engage, in sexual behavior.
58. I understand how the reproductive organs function in men and women.
59. I do not engage in sexual intercourse. (Answer "5", if true. Complete the following if false.) If I choose to engage in sexual intercourse I take steps to prevent unwanted pregnancy.
60. I do not engage in sexual intercourse. (Answer "5", if true. Complete the following if false.) If I choose to engage in sexual intercourse, I use condoms to reduce the risk of disease.

Emotional Management

61. I express my feelings of anger in ways that are not hurtful to others.
62. I can say "no" without feeling guilty.
63. I feel positive about myself.
64. I enjoy my life.
65. I manage my time well.
66. When I make mistakes, I learn from them.
67. I set realistic objectives for myself.
68. I can relax my body and mind without the use of drugs or alcohol.
69. I accept responsibility for my actions.
70. I accept the things I cannot change about myself.

Intellectual Wellness

71. I keep informed about social and political issues.
72. I am interested in learning about scientific discoveries.
73. I make an effort to maintain and improve my writing and verbal skills.
74. I seek opportunities to learn new things.
75. I participate in activities such as attending plays, symphonies, and concerts or visiting museums, exhibits and zoos, at least three times a year.
76. I watch educational programs on television. (Examples: news, political discussions, documentaries, public TV, or the Discovery Channel)
77. I actively pursue learning about topics that interest me.
78. I read about different topics from a variety of newspapers, magazines, books or online sources.
79. Before making important decisions, I gather facts.
80. I am interested in understanding the views of others.

Occupational Wellness

81. I am aware of my own strengths and skills.

82. I take advantage of opportunities to learn new skills, enhancing my current/future employment.
83. I am knowledgeable about the skills necessary for the occupations in which I am interested in.
84. I am aware of the amount of time it will take to acquire the necessary training for the occupations I am interested in.
85. I take advantage of opportunities to gain work experience.
86. I strive to obtain good work habits. (Examples: punctuality, dependability, and initiative)
87. I am satisfied with my ability to make my own choice of occupation.
88. I actively pursue information about different occupations that may be of interest to me.
89. I am aware of occupational choices that I am well suited for.
90. Enjoyment is a criterion that I use to determine possible occupational choices.

Spirituality and Values

91. I feel that my life has a positive purpose.
92. I spend a portion of every day in personal reflection, prayer, and/or meditation.
93. It is important to me that I maintain the trust of my family and friends.
94. My actions are guided by my own beliefs, rather than the expectations of others.
95. I am concerned about social issues. (Examples: homelessness, starvation, disaster relief)
96. I know what my values are.
97. My faith and values are important to me.
98. I am tolerant of the values and beliefs of others.
99. I discuss the meaning of life with family and friends.
100. I am satisfied with my spiritual life.

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Wellness Inventory Score Sheet

#	Score	#	Score	#	Score
	Physical Fitness and Nutrition	36.	1 2 3 4 5		Intellectual Wellness
1.	1 2 3 4 5	37.	1 2 3 4 5	71.	1 2 3 4 5
2.	1 2 3 4 5	38.	1 2 3 4 5	72.	1 2 3 4 5
3.	1 2 3 4 5	39.	1 2 3 4 5	73.	1 2 3 4 5
4.	1 2 3 4 5	40.	1 2 3 4 5	74.	1 2 3 4 5
5.	1 2 3 4 5	Total		75.	1 2 3 4 5
6.	1 2 3 4 5		Social Awareness	76.	1 2 3 4 5
7.	1 2 3 4 5	41.	1 2 3 4 5	77.	1 2 3 4 5
8.	1 2 3 4 5	42.	1 2 3 4 5	78.	1 2 3 4 5
9.	1 2 3 4 5	43.	1 2 3 4 5	79.	1 2 3 4 5
10.	1 2 3 4 5	44.	1 2 3 4 5	80.	1 2 3 4 5
Total		45.	1 2 3 4 5	Total	
	Self-Care	46.	1 2 3 4 5		Occupational Wellness
11.	1 2 3 4 5	47.	1 2 3 4 5	81.	1 2 3 4 5
12.	1 2 3 4 5	48.	1 2 3 4 5	82.	1 2 3 4 5
13.	1 2 3 4 5	49.	1 2 3 4 5	83.	1 2 3 4 5
14.	1 2 3 4 5	50.	1 2 3 4 5	84.	1 2 3 4 5
15.	1 2 3 4 5	Total		85.	1 2 3 4 5
16.	1 2 3 4 5		Emotional Awareness and Sexuality	86.	1 2 3 4 5
17.	1 2 3 4 5	51.	1 2 3 4 5	87.	1 2 3 4 5
18.	1 2 3 4 5	52.	1 2 3 4 5	88.	1 2 3 4 5
19.	1 2 3 4 5	53.	1 2 3 4 5	89.	1 2 3 4 5
20.	1 2 3 4 5	54.	1 2 3 4 5	90.	1 2 3 4 5
Total		55.	1 2 3 4 5	Total	
	Safety and Lifestyle	56.	1 2 3 4 5		Spirituality and Values
21.	1 2 3 4 5	57.	1 2 3 4 5	91.	1 2 3 4 5
22.	1 2 3 4 5	58.	1 2 3 4 5	92.	1 2 3 4 5
23.	1 2 3 4 5	59.	1 2 3 4 5	93.	1 2 3 4 5
24.	1 2 3 4 5	60.	1 2 3 4 5	94.	1 2 3 4 5
25.	1 2 3 4 5	Total		95.	1 2 3 4 5
26.	1 2 3 4 5		Emotional Management	96.	1 2 3 4 5
27.	1 2 3 4 5	61.	1 2 3 4 5	97.	1 2 3 4 5
28.	1 2 3 4 5	62.	1 2 3 4 5	98.	1 2 3 4 5
29.	1 2 3 4 5	63.	1 2 3 4 5	99.	1 2 3 4 5
30.	1 2 3 4 5	64.	1 2 3 4 5	100.	1 2 3 4 5
Total		65.	1 2 3 4 5	Total	
	Environmental Wellness	66.	1 2 3 4 5		
31.	1 2 3 4 5	67.	1 2 3 4 5		
32.	1 2 3 4 5	68.	1 2 3 4 5		
33.	1 2 3 4 5	69.	1 2 3 4 5		
34.	1 2 3 4 5	70.	1 2 3 4 5		
35.	1 2 3 4 5	Total			

Lesson B

Nutrition

Overview

Did you know that in the last 20 years the diameter of the average dinner plate increased by 3 inches? In this same time period obesity is reaching epidemic proportions! Grocery stores are filled with such an array of processed food, it can be confusing to make good decisions about what to eat, and how much to eat. But facts about your nutritional needs are readily available. In this lesson, you'll learn where (and how) to look for them.

Healthy Eating

Canada's Food Guide provides Canadians with up to date nutritional information. Following *Canada's Food Guide* ensures that you get enough of the six essential nutrients: carbohydrates, fat, protein, minerals, vitamins and water. When you are calculating calories and nutrients, be sure to look at serving sizes. One sandwich counts as two grain servings and a glass of orange juice is two servings as well.

Grocery stores are filled with such an array of processed food, it can be confusing to make good decisions about what to eat, and how much to eat. But, facts about your nutritional needs are readily available. In this lesson, you'll learn where (and how) to look for them.

Eating healthy foods is just part of the picture. In *Canada's Food Guide* there is quite a range in the number of servings suggested for grains, and fruits and vegetables. This is to accommodate different body types and levels of activity.

Calories are also part of the healthy eating equation. A calorie is a measure of heat energy or the amount of energy needed to raise the temperature of water 1 degree Celsius. The calories in food are essential because they provide our energy.

The following are the average number of calories needed:

Age	Males	Females
15–18	2800	2100
19–30	3100	2400

If you are very active you will need more calories than this. For example female rowers training for competitive games (e.g., Olympics) will need to eat between 5000 and 5500 calories just to maintain their bodyweight. Most teenage boys will be eating at the top end of *Canada's Food Guide* serving suggestions to be taking in 2800 calories.

Nutrition Fact Labelling

How do you know how many calories are in a food item? Can you find out how much fat is in an item? What about sodium? Everyone is talking about carbohydrates—how many grams of carbohydrates are in foods?

There are two ways to find the answers to these questions. Health Canada wanted to give consumers more information about what they are eating so they created a standard Nutrition Fact label. This label appears on many food products now and will appear on even more in the future.

Nutrition Facts	
Per container (175 g)	
Amount	% Daily value
Calories 170	
Fat 4.5 g	7 %
Saturated Fat 3.5 g + Trans Fat 0 g	18 %
Cholesterol 10 mg	
Sodium 85 mg	4 %
Carbohydrate 27 g	9 %
Fibre 0 g	0 %
Sugars 26 g	
Protein 6 g	
Vitamin A 15 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



If you have access, you can look up nutritional information online using a Web site such as *Nutrition Data* (<http://www.nutritiondata.com>), where you can find out how many calories are in your favourite foods.

Activity 1

Nutrition Facts

Do you know how to read a nutrition label? Test yourself on this label for a container of regular blueberry yogurt.

Nutrition Facts	
Per container (175 g)	
Amount	% Daily value
Calories 170	
Fat 4.5 g	7 %
Saturated Fat 3.5 g + Trans Fat 0 g	18 %
Cholesterol 10 mg	
Sodium 85 mg	4 %
Carbohydrate 27 g	9 %
Fibre 0 g	0 %
Sugars 26 g	
Protein 6 g	
Vitamin A 15 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

1. What are Nutrition Facts?

2. Where did you find the serving size?

3. What is the % Daily Value for Vitamin C?

4. How much sodium is contained in the yogurt? How many calories?



Turn to the Solutions at the end of the Section and mark your work.

Activity 2 What's in a Label?

Being able to quickly glance at and compare food labels when you are shopping or choosing food is a skill that will help you make healthier food choices.

Look at the following food labels and answer the corresponding questions in your notebook.

- Which cookie would be a better choice and why? Would you be concerned about the amount of sodium in either cookie?

Nutrition Facts	
Per 4 cookies (30 g)	
Amount	% Daily value
Calories 130	
Fat 4 g	6%
Saturated Fat 1 g + Trans Fat 1 g	10%
Cholesterol 0 mg	
Sodium 80 mg	3%
Carbohydrate 23 g	7%
Fibre 0 g	0%
Sugars 6 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Undigestives

Nutrition Facts	
Per 2 cookies (30 g)	
Amount	% Daily value
Calories 150	
Fat 7 g	11%
Saturated Fat 3 g + Trans Fat 1 g	20%
Cholesterol 0 mg	
Sodium 80 mg	3%
Carbohydrate 21 g	7%
Fibre 1 g	4%
Sugars 8 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Pudgeos

- This can

of light tuna

in water weighs 170 g (120 g drained weight), enough to make two sandwiches.

Nutrition Facts	
Per 1/2 can (60 g drained)	
Amount	% Daily value
Calories 60	
Fat 0.4 g	1 %
Saturated Fat 0.1 g + Trans Fat 0 g	1 %
Cholesterol 30 mg	
Sodium 240 mg	10 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 14 g	
Vitamin A 1 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

a. How many calories will you get from the tuna in a sandwich?

b. List some of the other sources of calories in a tuna sandwich.

3. Circle the product that is the better source of iron.

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily value
Calories 340	
Fat 27 g	42 %
Saturated Fat 12 g + Trans Fat 2 g	70 %
Cholesterol 70 mg	
Sodium 330 mg	14 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 3 g	
Protein 24 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

sirloin burger

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

chicken burger

4. Compare the fat content based on the snack food nutrition labels and fill in the boxes to rank them from 1 to 3, from the least amount of fat to the most.

Nutrition Facts	
Per 4.5 cups (50 g)	
Amount	% Daily value
Calories 290	
Fat 20 g	31 %
Saturated Fat 3.5 g + Trans Fat 5 g	43 %
Cholesterol 5 mg	
Sodium 470 mg	20 %
Carbohydrate 25 g	8 %
Fibre 5 g	20 %
Sugars 2 g	
Protein 4 g	
Vitamin A 15 %	Vitamin C 0 %
Calcium 4 %	Iron 8 %

cheese-flavoured popcorn

Nutrition Facts	
Per 16 pretzels (50 g)	
Amount	% Daily value
Calories 200	
Fat 2 g	3 %
Saturated Fat 0.4 g + Trans Fat 0 g	2 %
Cholesterol 0 mg	
Sodium 870 mg	36 %
Carbohydrate 41 g	14 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 25 %

pretzels

Nutrition Facts	
Per 27 chips (50 g)	
Amount	% Daily value
Calories 270	
Fat 13 g	20 %
Saturated Fat 2.5 g + Trans Fat 2 g	23 %
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 32 g	11 %
Fibre 4 g	16 %
Sugars 5 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 8 %

tortilla chips



Turn to the Solutions at the end of the Section and mark your work.

Summary

Completing this lesson has helped you to:

- Learn about proper nutrition, servicing sizes, and nutrition labelling.
- Analyze their own diet as well as a fast food meal.

Lesson C

Diets and Supplements

Overview

Each year billions of dollars are spent on nutritional supplements and diet pills. You may be among the almost two thirds of the population who are on some type of nutrient supplement. Are these supplements necessary? Are they safe?

Diet

Diet is a word that most of us associate with losing weight. Diet also refers to the regular food choices one makes. Some people choose a vegetarian diet, which means they don't eat meat. Others may need to eat a special diet for health reasons or to put weight on or take weight off.

To be healthy, all people need to ensure that they are getting enough calories and essential nutrients. For example, vegetarians need to ensure they get enough protein, iron, and zinc. People on weight-loss diets need to carefully monitor that they are eating for health.

Weight loss is an issue in the North American culture. According to a 2003 survey, 49% of teen girls and 14% of teen boys reported that they had used dieting to lose weight in the previous year. (Healthy Youth Development, *2003 Adolescent Health Survey III*, The McCreary Centre Society, 2004)

This preoccupation with weight loss encourages many fad weight loss diets. These are often quite harmful. What are the current diet fads that you know about? Do you think any of them may have merit? Have you tried any? Did they work? What do you think is the best way to lose weight?

Anytime you are thinking of making a change in your diet you should consult with a nutritionist or your doctor so that you ensure you are getting the nutrition you need.

Supplements

You learned in the previous lesson the importance of eating a balanced diet in order to obtain the required nutrients. A lot of commercials and ads in T.V. would have you believe otherwise. They may be selling some type of supplement that promises weight loss, clearer skin, more energy, bigger muscles, or flatter abs.

Do you need to take supplements? If you aren't eating a balanced diet then you may need to take vitamin and mineral supplements. But this decision should be made in consultation with your doctor whose expert advice will keep you from harming yourself.

There is increasing concern about the use of so-called diet supplements, especially those that are not regulated. For example the United States Food and Drug Administration (FDA) have proposed banning herbal weight loss supplements containing ephedrine because of a link to psychosis and heart problems, especially when combined with caffeine. Even supposedly safe herbal supplements, such as ginkgo and kava, can be harmful for some people.

Adding supplements to your diet should be discussed with your doctor or dietitian. Remember, dietary supplements that you can purchase over the counter are not always regulated by government authorities and may not contain what they say or may not have been thoroughly tested for human consumption.

Have you heard of creatine? This is a supplement that young male athletes are using with increasing frequency to build strength and muscle mass. It is also becoming popular for young males who are concerned with body image and want to appear more masculine. Here are some disturbing facts about creatine:

- The Blue Cross and Blue Shield Medical Association, which provides health care to 81 million Americans, has linked creatine to muscle cramping, kidney problems, stomach problems, dizziness, dehydration, abnormal liver function, muscle strain, acne, irritability, and easy bruising.
- A study done in 2000 by ConsumerLab.com found that creatine sources are often contaminated by other dangerous substances that can impair kidney functioning.
- Creatine was banned at the University of Tennessee after 14 football players experienced debilitating muscle cramps during a game.
- Anecdotal evidence suggests that creatine may create a physical dependency, as muscles often pull and tear more easily when a person stops taking it.
- A study by *USA Today* found that, of the 115 pro sports teams asked, one in three disapproves of the use of creatine.

Vancouver Island Association for Ending Disordered Eating. “Real Men”: The Reality of Men and Body Image. [Retrieved 3 June 2004] Reproduced with permission of *Vancouver Island Association for Ending Disordered Eating*.

Activity 1

Check Your Diet Know-how

How much do you really know about diets and supplements? To find out, try the quiz. Circle which one you think is the correct answer.

1. Successful weight loss involves changes in diet, exercise, and behaviour patterns.
 - a. True
 - b. False
2. Anger, boredom, depression and stress do not significantly affect appetite.
 - a. True
 - b. False
3. When dieting you should weigh yourself every day in order to keep track of your progress.
 - a. True
 - b. False
4. The safest amount of weight to lose is 1 to 2 pounds per week.
 - a. True
 - b. False
5. Everyone should take a multivitamin.
 - a. True
 - b. False
6. When you want to make changes to your diet you should consult with your doctor first.
 - a. True
 - b. False

7. To lose weight permanently, you must lose fat tissue, not lean tissue or water.
 - a. True
 - b. False

8. Crash diets are a quick way to lose fat.
 - a. True
 - b. False



Turn to the Solutions at the end of the section and mark your work.

Activity 2

Taking My Own Pulse

With all this talk about nutrition and health, have you been wondering how well you are doing? Think about the following questions.

To take a quick survey of how well you are taking care of yourself, answer the following questions with yes/no/sometimes:

- Do I have lots of energy throughout the day? _____
- Am I able to be active? _____
- Do I listen and respond to my hunger? _____
- Do I eat a wide variety of foods that nourish me? _____
- Do I sleep well regularly, and get adequate restful time? _____
- Am I free of flu, colds, feeling fatigued or dizzy, etc.?

- Do I have regular (for me) bowel movements? _____
- If I am a menstruating female, do I have a regular (for me) menstrual cycle?

- Do my hair and nails grow well and strong? _____
- Does my skin look/feel healthy? _____

- Do I feel connected to others? _____
- Do I have a support system (i.e: friends, family, counsellor, therapist, etc.)? _____
- Do I feel pretty good about myself most of the time? _____
- Do I have fun? _____
- Do I find myself expressing a range of emotions? Do I smile, laugh, cry, etc.? _____
- Do I generally feel balanced - mind, body and spirit? _____

If most of your answers were yes, you are doing well. If you have more than 2-3 no answers, you are probably aware that you need to take better care of yourself. How can you make changes? Do you have someone you can talk to?

Adapted from: Vancouver Island Association for Ending Disordered Eating (formerly British Columbia Eating Disorders Association).(n.d.) *Ways We Can Measure Health Without Stepping on the Scale*. [Retrieved June 2004]. Reproduced with permission of the *Vancouver Island Association for Ending Disordered Eating (VIAEDE)*.

Summary

Completing this lesson has helped you to:

- Describe safe ways to diet.
- Accurately describe the dangers of specific diet supplements.
- Assess your own nutritional health.

Lesson D

Food Guides

Overview

Now that you've taken your nutritional pulse, you might want to put a plan in place for improving your nutrition. Maybe you're confused by all the advice you've heard from different places: Eat fish at least twice a week! Eat twelve servings of vegetables every day! Take a multivitamin. Don't take a multivitamin.

Is there **one** guide that you can rely on?

It helps to reference a food guide when planning your daily and weekly nutrition. There is one official Canadian Food Guide, *Canada's Food Guide*.

Did you know? You may have heard of the American official food guide, *MyPlate*. This food guide uses the image of a plate to divide up the proportion of food types for a typical meal. This change moves away from the “food pyramid” design of older food guides.

Health Canada's Role

Health Canada is the Federal department responsible for helping Canadians maintain and improve their health. They publish the Canada Food Guide, which is built on research about good nutrition.

Other Guides

In addition to the *Canada Food Guide*, there are other guides you may wish to consult, especially if you have different dietary needs. If you are diabetic, or if you have certain food allergies, seek out nutritional guidance that is designed for you.

Canada's Food Guide was last updated in 2007, and nutritional information is still evolving as more research is done on human physical requirements and the nutrients found in food. Some critics of the Food Guide now say that recommending grains with every meal may no longer be appropriate, and that information about good fats and our needs for them are left out of recommendations.

Some nutritionists have pointed out that the Food Guide does not give guidelines for caloric requirements, and that eating according to its recommendations may result in weight gain if the user is not aware of the number of calories in different foods. At the same time, it's impossible to prescribe one caloric requirement for a group of person. For example, two males of the same age would have very different requirements if one is sedentary, and the other a body builder! But there are calculators online that can help you figure out your basic energy requirements, and how much you would require on days with different amounts of activity. If you don't have online access, you can search library information for formulas you can use to help you determine your requirements.

Looking for current nutritional research can be overwhelming. If you are looking for more information on how to eat well, make sure your sources are reliable and science-based.



If you have online access, you may wish to read some other science-based nutrition information in Canada:

Canadian Nutrition Society

The society promotes nutrition science and education, and advocate for the application of best practice and policies for the promotion of health and the prevention and treatment of disease.

<http://www.cns-scn.ca/HOME/default.asp>

Precision Nutrition: Articles on Health and Fitness

Website and program by exercise and nutrition theorist John Berardi

<http://www.precisionnutrition.com/category/articles>

Leslie Beck

Canada's Leading Nutritionist

<http://www.lesliebeck.com/>

Summary:

Completing this lesson has helped you to:

- Seek out science-based nutritional advice.
- Find Food Guide information and apply it to your needs.

Solutions

Lesson B: Nutrition Facts

Activity 1

1. The nutrition facts tell you the number of calories and amount of 13 core nutrients in a food product.
2. The amount of food that the facts are based on is listed just below the Nutrition Facts label. It is not always the amount of food in the container! For the yogurt the amount is 175g, which is one container in this case.
3. Zero percent. This yogurt does not provide any of the recommended daily allowance of Vitamin C. It does provide 18% of your daily fat requirement though!
4. 85 milligrams (mg). The amount tells how much of that nutrient is present, usually in grams or milligrams. There are 170 calories in this container.

Lesson B: What's in a Label?

Activity 2

1. You will notice that the serving size is the same in terms of weight but different in the number of cookies. Cookie 'A' is a better choice because there is less fat and fewer calories compared with cookie 'B'.
2. Two sandwiches can be made from one tin, which has 120g of tuna when drained. Half the can (60g) provides 60 calories. Other calorie sources in a tuna sandwich would be the bread, mayonnaise, butter or margarine, etc.
3. Looking at the % Daily values the sirloin burger provides 30% of your daily iron intake while the chicken burger only provides 2%. The sirloin burger is the correct answer.
4. The serving sizes of the popcorn, tortilla chips, and pretzels are all the same in terms of weight but vary greatly in the actual number of each unit. The pretzels have the least amount of fat, then the tortilla chips followed by the cheese flavoured popcorn.

Lesson C: Check Your Diet Know-how

Activity 1

1. True

The statement is true. All three things are needed for successful weight loss.

2. False

Some people find that they eat in response to all types of emotions as eating can lessen these emotions for a while.

3. False

Your weight can fluctuate by around 5 pounds a day. Therefore, you should weigh yourself weekly and preferably monthly.

4. True

Losing more than 1 to 2 pounds per week can result in loss of energy and dehydration. A slow, gradual weight loss is a more effective way to lose fat and keep it off.

5. False

If you are eating a balanced diet there is no need for a multivitamin. You should always consult your doctor before taking any supplement.

6. True

A doctor or nutritionist will be able to analyze your diet and ensure that you are getting the required nutrition you need. Teenagers, for example, can do irreparable damage as they are still growing.

7. True

If you lose water or lean tissue, you are more than likely going to put the weight right back on and usually a bit more.

8. False

Crash diets will cause you to lose water and not fat. When you go off the diet, you put the weight back on.

Researching Skills

Conducting a Research Report

If your assignment is about something you experienced, like your first job, you won't need to research anything. But when you are asked to write about a topic that you don't have all the information about, you'll need to conduct research. Conducting a research report is a skill that involves three steps:

Finding Information

Search Strategy

Find
It

1. Find a Focus

Gather
It

2. Gather Information

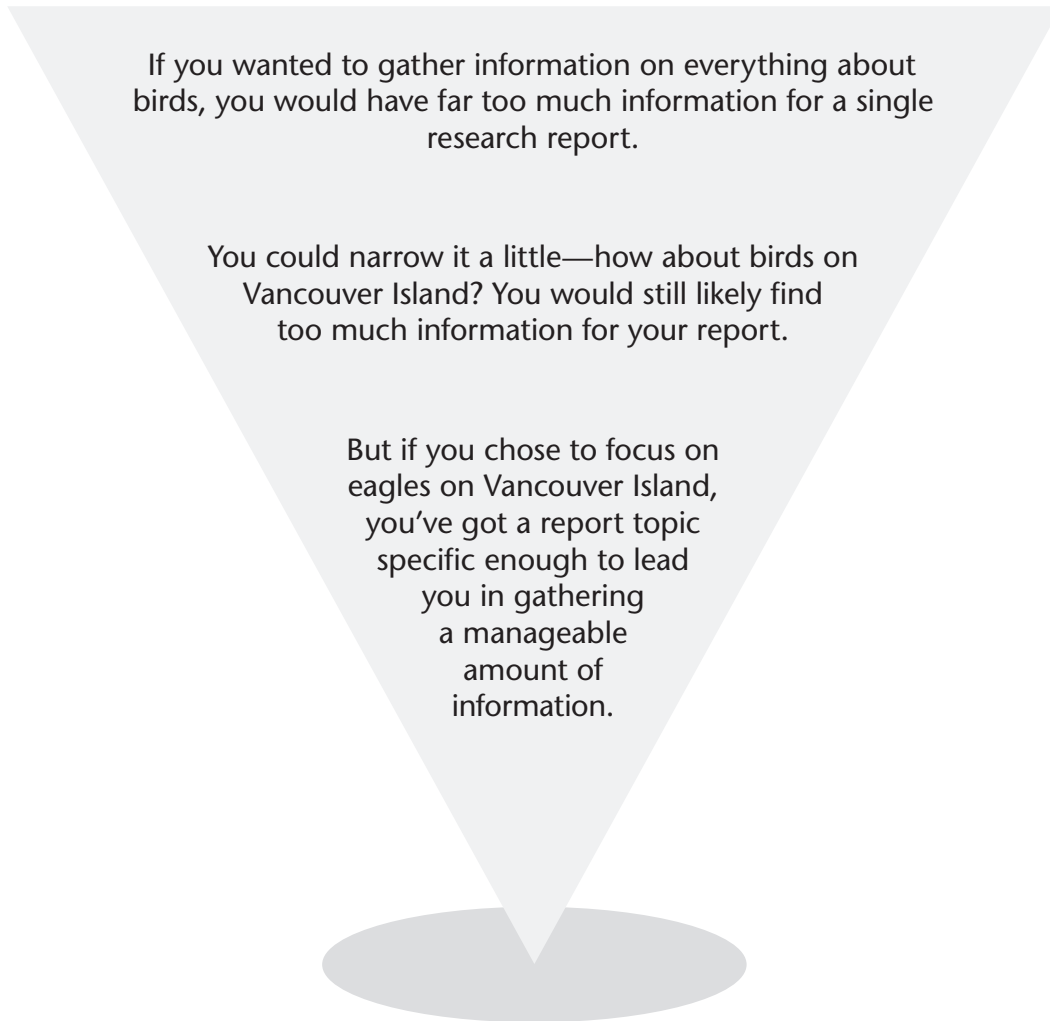
Use
It

3. Use Information



1. Find a Focus

You will want to narrow your topic to something you are specifically interested in.



You can define a research topic by identifying a series of critical or essential questions.

- Which of the topics that I've read about so far have interested me?
- Do I have any personal connection to any of the topics—family, friends, my leisure time activities, and so on that would make the topic more interesting to research?
- Have I studied any of these topics before?
- Do I already know of some resources I can access for any of these topics?

More Tips for Finding a Focus:

Find a Focus

Getting Clear

- List what you know about the topic and any questions you have.
- Talk about your project with friends and family members.
- Read a couple of articles on your topic. For example, try an encyclopedia or magazine article, or a chapter in a textbook.

Brainstorm

Brainstorm as many aspects of your question or ideas as you can. Then look for themes that may have emerged.

Idea Map

Use an idea map to help generate ideas and direction.

5 W's

Use the 5 W's to narrow down your question.



Whatever you decide, be sure to clearly identify the scope of your research before you get too far into the research process.

2. Gather Information

Before you begin looking for information, ask yourself:

What do I know?

Ask: What do I know about this topic before I look anything up?

List that information in your notebook. There! You have already begun your research.

What do I want to know?

Ask: What information do I want to find out about the topic?

List any questions you have about it.

Remember—the more general your questions, the higher the chance that you will be overwhelmed with information when you begin to do research. Make them as specific as possible.

How am I going to find out?

Break down the process into stages:

- Look at print resources and non-print resources.
- Balance the use of primary and secondary resources (this means first hand and second hand information).
- Take detailed notes from resources.
- Collect bibliographic information from sources.
- Critically analyze sources for quality of material. (Use your critical reading skills)
- Organize and condense notes into a manageable form.

Tips for Gathering Information:

Gather Information

The Internet

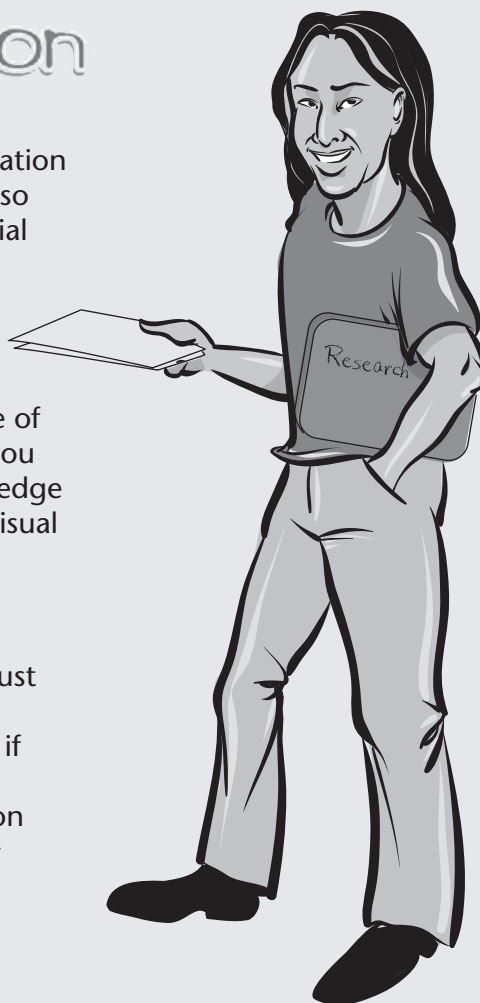
The Internet is a massive collection of information that can be valuable to you, but because it's so large and uncontrolled you need to use special strategies to use it effectively.

Other Sources

Because the Internet is easy to access, you may be tempted to use it as your only source of information on your topic. But in doing so, you could be overlooking some important knowledge that is only available in print or on an audiovisual resource.

Evaluating Information

Not all information is created equally. You must be careful not to think that "just because it's published it must be true." How can you tell if information is reliable? There are some easy questions you can ask yourself. See the section on building critical reading skills here in your *Foundational Skills Package*.



Below is a list of places to find information, and the kinds of information you can look for in conducting your research.

Where and What to Find

Kinds of Information

- books
- articles
- research reports
- government information
- statistics
- maps
- pictures, photos, images
- audio material
- video material
- expert opinion

Location of Information

- personal collections
- school library
- public library
- college or university library
- provided by teacher
- internet
- television
- other

Types of Resources

- books
- magazines
- newspapers
- encyclopedias
- dictionaries
- biographical dictionaries
- directories
- handbooks and manuals
- almanacs
- atlases and gazetteers
- audio/visual, including
 - » cassettes, CDs, videos, DVDs, slides
- microfilm and microfiche
- computer resources,
 - » including software, CD-ROMs, the internet
- interviews

Some more resources:

Libraries:

Your local public library, or school library is a great place to start. They will have some or all of the following:

- useful books you can borrow for free
- databases of articles
- encyclopedias and other reference material on CD or online

Try looking up their collections online, or phone the librarian if you'd like to find out more about possible resources before going to the library yourself. Don't forget your textbook! It may also be a good source of information.

Interviews:

Talking to other people can offer you ideas and perspectives that you may not have considered. Ask people what they think about your topic, and if they say something that you might use in your composition, note their words, the date, and place of the interview. Be sure you've spelled the person's name correctly.

If you know people who have lived the experience of one of the issues, you might want to conduct an interview.

Here's How:

- Ask them if they could speak to you about their experiences.
- Ask a few questions to direct the interview.
- Show the person your composition topic, and listen.
- Jot down notes or use a recorder to help keep a record of their comments.
- Finally, thank the person for sharing his or her story
- Offer a copy of the composition when it is complete.

Don't forget to cite the interview in your list of resources for the composition.

Online/Internet Searching:

If you have access to the Internet, it can be a useful tool for research. Check out the next researching skills, "Searching the Internet Effectively," for tips on the source of information

3. Use of Information

Use Information

Making Notes

You probably have some favourite ways for making notes on information such as writing or diagramming on notepaper, a word processor, or recipe cards, or recording using a tape recorder, video camera, or digital camera. Check out the prewriting section of the *Foundational Skills Package*.

Tracking Sources

There's nothing worse than having a great piece of information and forgetting where you found it. This will mean you can't use it because you're not able to cite its source. You'll need a system for tracking where you found your information right from the beginning. The best approach is to create a proper citation right away. Do this by hand, in an electronic file.

Plagiarism

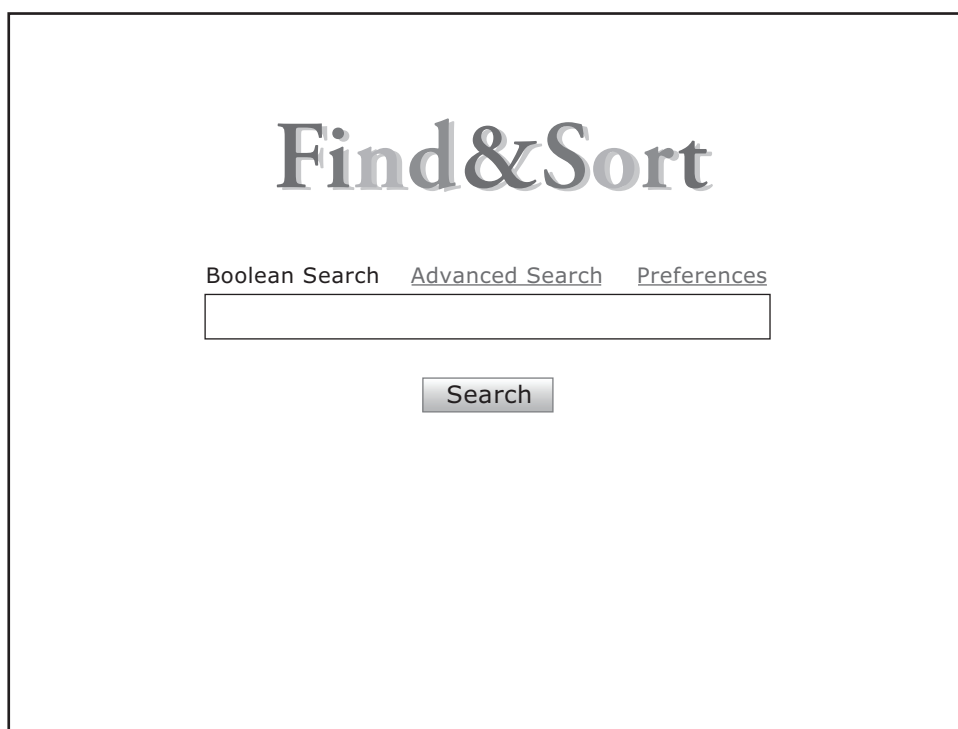
Plagiarism is the copying of original words, images, or ideas of others and using them as your own. It is an offence because people legally own their work. One of the most common—and often unintentional—ways to plagiarize is to cut and paste information into your project and not present it with a citation. It's easy for teachers to catch plagiarism, so don't do it! Instead, put ideas that are useful to you into your own words and cite the source. Or, if there is a particularly useful bit of information, quote it exactly and cite it. This way, you're a winner and so is the original author.

Researching Skills

Searching the Internet Effectively

The following skill is useful not only for searching the Web with a search engine, but also for searching databases or other digital reference material available at your local library, such as Encarta.

Finding and Sorting Information Online



The image shows a search engine interface titled "Find&Sort". At the top, the title "Find&Sort" is displayed in a large, serif font. Below the title, there are three links: "Boolean Search", "Advanced Search", and "Preferences". Underneath these links is a search input field, and below the input field is a "Search" button.

Think of finding and sorting information as a mini-research project! You have a question in your mind to which you are seeking an answer. You need to formulate a strategy to find your answer. Say, for example, you want to find out when a movie will be playing this weekend. You realize that you have lost your newspaper schedule, but you are sure there must be a schedule online somewhere. Thank goodness for the Internet! You log on and go to your favourite search engine to find the movie schedule. Too easy!

You enter the search term, “Movie Listings.” That’ll do it, right?!

Boolean Search [Advanced Search](#) [Preferences](#)

Find&Sort

Web results 1-10 of about 50,250,000

[Moviephone: Homepage - Movies, showtimes, **movie**](#)

Find movies, **movie** times, showtimes, theaters, **listings**, ratings, **movie** phone, **movie** pages, dvds, videos, trailers and more...
[movies.com/](#) - 50k

[Movie Link — Download movies oline](#)
Get the newest **movie** downloads. Check out the new **movie** titles and download a free **movie**.
[www.movielink.com/](#) - 26k

[Buy **Movie** tickets online](#)
Buy **movie** tickets in advance. No more sold out! ... Find showtimes, for any **movie** in any theater in the US. Search by theater, ...
[www.buytickets.com](#) - 45k

Not quite . . . Over 50 200 000 results have come up! Now what?

Try “Movies in BC” and you get fewer results until, finally, you type in “Movie Listings” + “Name of your community” + “BC” and there it is—what you need—at the top of a very short list.

Boolean Search [Advanced Search](#) [Preferences](#)

Find&Sort

Web results 1-10 of about 50,250,000

[Moviephone: Homepage - Movies, showtimes, **movie**](#)

Find movies, **movie** times, showtimes, theaters, **listings**, ratings, **movie** phone, **movie** pages, dvds, videos, trailers and more...
[movies.com/](#) - 50k

[Movie Link — Download movies oline](#)
Get the newest **movie** downloads. Check out the new **movie** titles and download a free **movie**.
[www.movielink.com/](#) - 26k

[Buy **Movie** tickets online](#)
Buy **movie** tickets in advance. No more sold out! ... Find showtimes, for any **movie** in any theater in the US. Search by theater, ...
[www.buytickets.com](#) - 45k

You have just completed a Boolean search!

A Boolean search = a way to combine multiple terms when searching the Internet. You form it like this:

TERM + TERM (where the terms are the key words you want to search)

Example: eagles + “vancouver island”

Remember you can include more than two:

TERM + TERM +TERM

eagles + “vancouver island” + nesting

The advantage of a Boolean search is obvious. You get to the information you need faster and easier. The more specific you can be with your search terms, the more efficiently you will find the information that you are after. And by really thinking through your search terms from a vague beginning to a detailed search, you will find that you have an even better sense of the topic that you are researching.

Note that most search engines have an “advanced search” option that will also allow you to compose a search with many terms. Try this if you wish to have more guidance than you would composing your own Boolean search.

Researching Skills

Evaluating Your Sources

Before you decide to use a source for your project, you need to ask these questions:

Who?

- Who wrote it?
- What are the author's qualifications, if any?
- Did the author include contact information?

What?

- What information did you find?
- Why did the author create it?
- Who is the target audience?
- Is the author being objective or biased?
- Is there any obvious conflict of interest?
- Advertisements?

When?

- When was this source published?
- Is the information current?

Where?

- Where was this information found?
- Is it a reputable source?
- If the source is a Web site, whose site is it?
- What organization sponsors the Web site?

If you are using the Internet (and you should if you have access to it!) remember that searching the Web can be like mining for gold. You have to go through tons of rock to find the gold nuggets!