

HEALTH AND DIET REVISION

Objectives

- Have a clear summary of the unit in order to prepare for the end of unit test

General / Health Related Fitness

“This is the ability of your to cope with the demands of everyday life without excessive tiredness and still have enough energy to cope with emergencies”

PHYSICAL HEALTH

All body systems work well
Free from injury and illness
Carry on every day activities

Cardiovascular Endurance
Muscular Endurance
Stamina
Speed
Flexibility / Suppleness
Body Composition
Strength

SOCIAL HEALTH

Have essential human needs, food clothing and shelter
Have friendship and support
Have value in society
Able to mix with others

HEALTH

“A state of complete physical, mental and social well-being, not merely the absence of disease or infirmity”

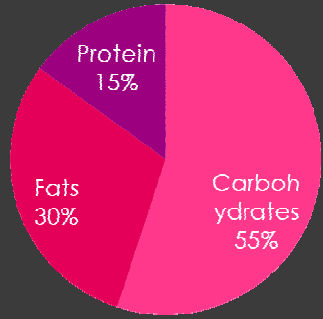
MENTAL HEALTH

Able to cope with stress
Control Emotions
Feel good about yourself

HEALTH AND FITNESS

Healthy Lifestyle
Balanced Diet
Regular Exercise
Avoid Drugs and pollution

Daily Nutritional Needs



FOODS THAT OUR BODIES NEED (7)

Proteins (Meat)
Growth and Repair

Carbohydrates (Bread)
Broken down to glucose
Fast Release Energy

Water

Most of our body is water

DIET

Fats (Cheese)

Contain lots of slow-release energy

Fibre (Cereals)

Essential for digestion of all foods

Vitamins (C= Oranges)
And
Minerals (Calcium= Milk)

Energy Requirements

Kilojoules/Kilocalories

Basal Metabolic Rate (BMR)

Working Energy (Age, Gender, Lifestyle)

Obesity and Anorexia