

## UV30493- Maintaining Personal Health and Wellbeing

### **1. A balanced diet should include**

- high fibre, low fat and low salt

### **2. The body absorbs nutrients mainly through**

- the villi in the small intestine after both mechanical and chemical digestion

### **3. The main function of protein is to**

- encourage muscle growth and repair

### **4. The main function of water is to**

- maintain hydration and homeostasis

### **5. An individual's occupation, medical history, mood and motivation are all**

- influencing factors that affect food intake and choice

### **6. The basic principles of healthy eating include**

- fruit and vegetables, low fat, proteins, whole grain carbohydrates and reduce intake of saturated fats and sugary foods

### **7. The colour coding system used in food labelling is known as**

- traffic light

**8. Body image is how someone feels about their**

- physical appearance

**9. Figure Analysis is used to assess**

- figure and posture of an individual

**10. Good posture is considered to be**

A - natural S-shaped curve of the spine, the back is straight, weight is evenly distributed and the body is relax

**11. What are the effects of poor posture on the body? Likelihood of**

- lethargy and injury

**12. In exercise the purpose of a warm-up is to**

- increase blood flow to working muscles

**13. The benefits of regular exercise include**

- improves energy, stamina and health

**14. Regular exercise releases increased levels of**

- endorphins

**15. What is the weekly recommended time for cardio vascular exercise?**

- 30 minutes a day

**16. How should confidential information be disposed of?**

- It should be shredded