

Adult Basic Education
Healthy Living

Healthy Living 3102

Study Guide

Prerequisite: Healthy Living 3101

Credit Value: 1

Resources: Pearson Education, Inc. (2007). *Life Skills Health*. Shoreview: Pearson AGS Globe.

Pearson Education, Inc. (2007). *Life Skills Health Student Workbook*.
Shoreview: Pearson AGS Globe.

Healthy Living Courses [Adult Oriented Electives]

Healthy Living 3101

Healthy Living 3102

Healthy Living 3103

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To the Student

I. Introduction to Healthy Living 3102

Healthy Living 3102 is the second of three courses designed to help you learn about mental, emotional, social and physical health. You will receive one credit upon completion of this course. Healthy Living 3101 is a prerequisite for Healthy Living 3102.

In Unit 1, *The Role of Nutrition in Health*, you will learn what defines healthy eating. You will discover how *Eating Well with Canada's Food Guide* can help you choose healthy foods and beverages. You will learn about the nutrients your body needs. You will also learn about special dietary needs and how poor nutrition relates to health problems.

In Unit 2, *Choosing Healthy Foods*, you will learn about healthy eating patterns. You will also learn about how advertising and the fast-food industry affect how you eat. You will find out what is done to make sure foods are safe. Finally, you will learn about reading food labels and about things that are added to foods.

In Unit 3, *Disease – Causes and Prevention*, you will learn the causes of diseases. You will also learn how the body fights disease.

In Unit 4, *Preventing AIDS and Sexually Transmitted Infections*, you will learn what causes AIDS, how it is acquired, and its symptoms. You will learn about infections that result when the immune system is weakened. You will learn about symptoms, treatments, and prevention of some common sexually transmitted infections.

In Unit 5, *Recognizing Common Diseases*, you will learn about heart and blood vessel diseases and why people get them. You will learn what causes cancer. You will discover the warning signs of this disease. You will also find out how cancer is treated. Finally, you will learn about diabetes, arthritis, epilepsy, and asthma, and how they are treated.

One textbook and one workbook are required for this course: *Life Skills Health* by Pearson Education (2007) and *Life Skills Health Student Workbook* by Pearson Education (2007).

To the Student

II. Use of Healthy Living Study Guides

Before beginning this course, ensure you have the text and any other resources needed (*see the information in the Introduction to this course for specifics*).

As you work through the Study Guide, you will see that it is divided according to the Units listed in the Table of Contents. When you open a unit it will have the following components:

Reading for this Unit:

Here you will find the chapters, sections and pages of the text you will use to cover the material for this unit. Skim the sections of the textbook, look at the titles of the sections, scan the figures and read any material in the margins. Once you have this overview of the unit, you are ready to begin. Do not be intimidated by the content. You will work through the text, section by section, gaining knowledge and understanding of the material as you go.

<p>References and Notes</p> <p>This left hand column guides you through the material to read from the text. Read any highlighted notes that follow the reading instructions. The symbols   direct you to the questions that you should complete when finished a reading assignment.</p>	<p>Work to Submit</p> <p>You come across three (3) headings in this right hand column.</p> <p>Writing: This section comprises your notes for the unit. Here you will find either written questions or references to specific questions or problems from your text. You may want to write out each question followed by the answer. This material should be checked by your instructor before moving on to the next unit.</p> <p>Assignment: This section indicates if there is an assignment that should be completed for the Unit. The information in the “References and Notes” column will indicate how you obtain the assignment. Some assignments may be submitted digitally while others will involve a hard copy. Ensure you read the directions carefully and speak to your instructor to determine which format is required.</p> <p>Portfolio: This section indicates if there is work to be completed and placed in your portfolio. The information in the “References and Notes” column will indicate how you obtain the assignment. You should have your instructor check your portfolio periodically to ensure high quality work. Portfolios containing all required work must be submitted to your instructor for marking when you near completion of the course.</p>
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To the Student

III. Recommended Evaluation

Written Notes	10%
Portfolio	15%
Workbook Activities	15%
Test(s)	20%
Final Exam	<u>40%</u>
	100%

Unit 1 – The Role of Diet in Health

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 9, pages 202 – 227

Appendix A: Canada’s Food Guide

References and Notes

Read page 204 to write answers for questions 1.1 – 1.2 ▶▶

Refer to Appendix A to write answers for questions 1.3 – 1.4 ▶▶

Visit the Canada’s Food Guide website at www.healthcanada.gc.ca/foodguide to complete question 1.6 ▶▶

Work to Submit

Writing:

- 1.1 What is diet?
- 1.2 What are some guidelines to eating a healthy diet?
- 1.3 What are the four food groups listed in Canada’s Food Guide?
- 1.4 Why is it important to consume the amount and type of food recommended in Canada’s Food Guide?

Portfolio:

- 1.5 For one full day, record the amount and type of food you eat. Using the Nutrient Table on the package and online sources, determine the total number of calories you consumed that day. Using Canada’s Food Guide, determine the total number and type of servings you consumed. Comment on the positive aspects of your diet and suggest areas for improvement. Place your answers in your portfolio.

Portfolio:

- 1.6 Go to the Canada Food Guide website and click on the “Create My Food Guide” link. Follow the instructions and print off a copy of your customized food guide. Place your copy in your portfolio.

Unit 1 – The Role of Diet in Health

References and Notes

Read pages 206 – 207 and write answers for questions 1.7 – 1.9



Refer to page 209 to complete question 1.10



Refer to the Student Workbook to complete question 1.11



Refer to pages 210 – 211 to write answers for questions 1.12 – 1.17



Refer to pages 212 – 213 to write answers for questions 1.18 – 1.25



Work to Submit

Writing:

- 1.7 What are essential nutrients?
- 1.8 What is a nutrient-dense food?
- 1.9 What is a calorie?
- 1.10 Answer questions 1 – 5 under *Lesson 1 Review*.
- 1.11 Complete *Workbook Activity 31: A Plan for a Healthy Diet*.
- 1.12 What three essential nutrients provide the body with energy?
- 1.13 What is the function of carbohydrates?
- 1.14 What are the two main types of carbohydrates?
- 1.15 What are some sources of complex carbohydrates?
What are some sources of simple carbohydrates?
- 1.16 What is fiber? Why is it important to eat adequate amounts of fiber?
- 1.17 What is the difference between added sugar and natural sugar on the ingredient list?
- 1.18 How does the body use carbohydrates?
- 1.19 What happens when you consume too many carbohydrates?
- 1.20 What is the function of fat?
- 1.21 What are fats broken down into during digestion?

Unit 1 – The Role of Diet in Health

References and Notes	Work to Submit
<p>Refer to page 214 to write answers for questions 1.26 – 1.27 ▶▶</p> <p>Refer to page 214 to complete question 1.28 ▶▶</p> <p>Refer to page 215 to complete question 1.29 ▶▶</p> <p>Refer to pages 216 – 217 to write answers for questions 1.30 – 1.34 ▶▶</p>	<p>Writing:</p> <p>1.22 What are two types of fatty acids?</p> <p>1.23 What can happen if you eat too much saturated fat?</p> <p>1.24 What is the difference between blood cholesterol and dietary cholesterol?</p> <p>1.25 What are the functions of protein?</p> <p>1.26 What are the building blocks of proteins?</p> <p>1.27 What is an essential amino acid?</p> <p>Portfolio:</p> <p>1.28 Answer questions 1 – 3 under <i>Decide for Yourself</i>. Place your written answers in your portfolio.</p> <p>Writing:</p> <p>1.29 Answer questions 1, 2 & 4 under <i>Lesson 2 Review</i>.</p> <p>1.30 What is a vitamin?</p> <p>1.31 What is a mineral?</p> <p>1.32 List the purpose and a source of each of the following vitamins:</p> <ul style="list-style-type: none">i. Vitamin Aii. Niaciniii. Thiaminiv. Riboflavinv. Vitamin Cvi. Vitamin Dvii. Vitamin Eviii. Vitamin K

Unit 1 – The Role of Diet in Health

References and Notes	Work to Submit
<p>Refer to page 218 to write answers for questions 1.35 – 1.36 ▶▶</p> <p>Refer to page 219 to complete question 1.37 ▶▶</p> <p>Refer to page 220 to complete question 1.38 ▶▶</p> <p>Refer to the Student Workbook to complete question 1.39 ▶▶</p> <p>Refer to page 221 to write an answer for question 1.40 ▶▶</p> <p>Refer to pages 222 – 223 to write answers for questions 1.41 – 1.44 ▶▶</p> <p>Refer to page 224 to complete question 1.45 ▶▶</p>	<p>Writing:</p> <p>1.33 What is the purpose of calcium? What is a good source of calcium?</p> <p>1.34 What is the purpose of phosphorus? What is a good source of phosphorus?</p> <p>1.35 What is the purpose of sodium? Why should you limit your sodium intake?</p> <p>1.36 What is water an essential nutrient?</p> <p>Portfolio:</p> <p>1.37 Complete questions 1 – 3 under <i>Health in Your Life: Avoiding Germs</i>. Place your written answers in your portfolio.</p> <p>Writing:</p> <p>1.38 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p> <p>1.39 Complete <i>Workbook Activity 33: Vitamins, Minerals, and Water</i>.</p> <p>1.40 Why do teenagers need larger quantities of calories, calcium, and iron in their diet?</p> <p>1.41 Why do athletes need more calories and water in their diets?</p> <p>1.42 What is malnutrition?</p> <p>1.43 What is a deficiency?</p> <p>1.44 What are some diseases that are linked to poor diet?</p> <p>1.45 Answer questions 1 – 5 under <i>Lesson 4 Review</i>.</p>

Unit 1 – The Role of Diet in Health

References and Notes

Refer to the Student Workbook to complete question 1.46 

Refer to pages 226 – 227 to complete question 1.47 

Note: This is the end of Unit 1. You should check with your instructor to see if there is review work or any other additional work for this unit.

Work to Submit

Writing:

1.46 Complete *Workbook Activity 34: Dietary Needs*.

1.47 Answer questions 1 – 20 under *Chapter 9 Review*.

Unit 2 – Choosing Healthy Foods

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 10, pages 229 – 249

References and Notes	Work to Submit
<p><i>Read pages 230 – 232 to complete questions 2.1 – 2.2</i> ▶▶</p> <p><i>Refer to page 232 to complete question 2.3</i> ▶▶</p> <p><i>Refer to the Student Workbook to complete question 2.4</i> ▶▶</p> <p><i>Refer to pages 233 – 234 to write an answer for question 2.5</i> ▶▶</p> <p><i>Refer to page 235 to complete question 2.6</i> ▶▶</p>	<p>Portfolio:</p> <p>2.1 Make a list of all the snacks you have eaten in the last 24 hours. Suggest suitable substitutions to make your snacks more nutritious. Place your completed lists in your portfolio.</p> <p>2.2 Write a short paragraph describing your eating patterns. Include your eating schedule, whether you take time to eat or eat on the go, and whether you eat at regular times during the day. Comment on whether or not you think you have healthy eating habits and if you would like to make any changes to your daily eating routine.</p> <p>Writing:</p> <p>2.3 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.</p> <p>2.4 Complete <i>Workbook Activity 35: Food Choices</i>.</p> <p>2.5 List and explain five phrases that companies often use to get people to buy their food products.</p> <p>Portfolio:</p> <p>2.6 Answer questions 1 – 3 under <i>Health in Your Life: A Look at Food Advertising</i>. Place your written answers in your portfolio.</p>

Unit 2 – Choosing Healthy Foods

References and Notes	Work to Submit
<p>Refer to pages 236 – 237 to write answers for questions 2.7 – 2.8</p>	<p>Writing:</p>
<p>▶▶</p>	<p>2.7 What is trans fat?</p>
<p>Refer to page 237 to complete question 2.9</p>	<p>2.8 What is a fad diet? Give two examples of fad diets.</p>
<p>▶▶</p>	<p>Portfolio:</p>
<p>Refer to page 238 to complete question 2.10</p>	<p>2.9 Answer questions 1 – 2 under <i>Decide for Yourself</i>. Place your written answers in you portfolio.</p>
<p>▶▶</p>	<p>Writing:</p>
<p>Refer to the Student Workbook to complete question 2.11</p>	<p>2.10 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>
<p>▶▶</p>	<p>2.11 Complete <i>Workbook Activity 36: Advertising Food Products</i>.</p>
<p>Refer to pages 240 – 242 to write answers for questions 2.12 – 2.14</p>	<p>2.12 What are five things found in a Nutrition Facts table?</p>
<p>▶▶</p>	<p>2.13 What is a food additive?</p>
<p>Refer to page 242 to complete question 2.15</p>	<p>2.14 What is a preservative?</p>
<p>▶▶</p>	<p>2.15 Answer questions 2 – 5 under <i>Lesson 3 Review</i>.</p>
<p>Refer to the Student Workbook to complete question 2.16</p>	<p>2.16 Complete <i>Workbook Activity 37: Analyzing a Food Label</i>.</p>
<p>▶▶</p>	<p>2.17 Answer questions 1 – 11 and 13 – 20 under <i>Chapter 10 Review</i>.</p>
<p>Refer to pages 244 – 245 to complete question 2.17</p>	<p>2.18 Answer questions 1 – 15 and 17 – 20 under <i>Unit 3 Review</i>.</p>
<p>▶▶</p>	
<p>Refer to pages 248 – 249 to complete question 2.18</p>	
<p>▶▶</p>	

Unit 2 – Choosing Healthy Foods

References and Notes

*Note: This is the end of Unit 2.
You should check with your
instructor to see if there is review
work or any other additional work
for this unit.*

Work to Submit

Unit 3 – Preventing and Controlling Diseases and Disorders

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 11, pages 252 – 267

References and Notes	Work to Submit
<p>Refer to page 254 to answer questions 3.1 – 3.4 ▶▶</p>	<p>Writing:</p>
<p>Refer to page 255 to write answers for questions 3.5 – 3.7 ▶▶</p>	<p>3.1 What is the difference between an inherited and acquired disease?</p>
<p>Refer to pages 256 – 257 to write answers for questions 3.8 – 3.9 ▶▶</p>	<p>3.2 What does infectious mean?</p>
<p>Refer to page 257 to complete question 3.10 ▶▶</p>	<p>3.3 What are five ways germs can be spread?</p>
<p>Refer to page 258 to complete question 3.11 ▶▶</p>	<p>3.4 Other than germs, what are two other causes of acquired diseases?</p>
	<p>3.5 What is a pathogen? What are three types of pathogens?</p>
	<p>3.6 What is a virus? Give an example of a disease caused by a virus.</p>
	<p>3.7 What are the three stages of infectious disease?</p>
	<p>3.8 What are antibiotics?</p>
	<p>3.9 What are the three main causes of inherited diseases?</p>
	<p>Portfolio:</p>
	<p>3.10 Answer questions 1 – 3 under <i>Decide for Yourself: Home or School?</i> Place your written answers in your portfolio.</p>
	<p>Writing:</p>
	<p>3.11 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.</p>

Unit 3 – Preventing and Controlling Diseases and Disorders

References and Notes	Work to Submit
<p>Refer to the Student Workbook to complete question 3.12 ▶▶</p>	Writing:
<p>Refer to page 259 to write answers for questions 3.13 – 3.14 ▶▶</p>	<p>3.12 Complete <i>Workbook Activity 38: Causes of Conditions</i>.</p>
<p>Refer to pages 260 - 261 to write answers for questions 3.15 – 3.18 ▶▶</p>	<p>3.13 What are the body’s main physical barriers to infection?</p>
<p>Refer page 261 to complete question 3.19 ▶▶</p>	<p>3.14 What are the body’s main chemical barriers to infection?</p>
<p>Refer to page 262 to write an answer for question 3.20 ▶▶</p>	<p>3.15 What is inflammation?</p>
<p>Refer to page 262 to complete question 3.21 ▶▶</p>	<p>3.16 What are antibodies?</p>
<p>Refer to the Student Workbook to complete question 3.22 ▶▶</p>	<p>3.17 What is immunization?</p>
<p>Refer to pages 266 – 267 to complete question 3.23 ▶▶</p>	<p>3.18 What is a vaccination?</p>
	Portfolio:
	<p>3.19 Answer question 2 under <i>Health in Your Life: Vaccinations – Not Just of Little Kids</i>. Place your written answers in your portfolio.</p>
	Written:
	<p>3.20 How do babies get immunity from their mothers during pregnancy?</p>
	<p>3.21 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>
	<p>3.22 Complete <i>Workbook Activity 39: Defenses against Disease and Infection</i>.</p>
	<p>3.23 Complete questions 1 – 20 under <i>Chapter 11 Review</i>.</p>

Unit 3 – Preventing and Controlling Diseases and Disorders

References and Notes

Note: This is the end of Unit 3. You should check with your instructor to see if there is review work or any other additional work for this unit.

Work to Submit

Unit 4 – Preventing Diseases & Sexually Transmitted Infections

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 12, pages 268 – 283

References and Notes

Note: The text uses STD (sexually transmitted disease) instead of the more commonly used term STI (sexually transmitted infection). While both terms are generally interchangeable, Health Canada uses the term STI which is more encompassing, and includes infections that show no symptoms.

Refer to pages 270 – 271 to write answers for questions 4.1 – 4.4



Refer to pages 272 – 273 to write answers for questions 4.5 – 4.9



Work to Submit

Writing:

- 4.1 What does the acronym AIDS stand for?
- 4.2 What virus causes AIDS?
- 4.3 What is an opportunistic pathogen? How does HIV make the body more vulnerable to opportunistic pathogens?
- 4.4 What are the four ways HIV is spread from person to person?
- 4.5 What are four ways HIV is NOT spread?
- 4.6 What are five symptoms of HIV infection?
- 4.7 What are two diseases that are caused by opportunistic pathogens?
- 4.8 What is a blood transfusion?
- 4.9 What are some preventive measures health care workers can take to prevent HIV infection?

Unit 4 – Preventing Diseases & Sexually Transmitted Infections

References and Notes	Work to Submit
<p>Refer to page 274 to complete question 4.10 ▶▶</p> <p>Refer to the Student Workbook to complete question 4.11 ▶▶</p> <p>Note: A sexually transmitted infection (STI) is any infection that can be spread through sexual activity.</p> <p>Refer to pages 275 – 276 to write answers for questions 4.13 – 4.15 ▶▶</p> <p>Refer to pages 276 – 277 to write answers for questions 4.16 – 4.21 ▶▶</p> <p>Refer to page 277 to write answers for questions 4.22 – 4.25 ▶▶</p>	<p>Writing:</p> <p>4.10 Answer questions 4 & 5 under <i>Lesson 1 Review</i>.</p> <p>4.11 Complete <i>Workbook Activity 40: What is AIDS?</i></p> <p>4.12 What is a sexually transmitted infection?</p> <p>4.13 What are the symptoms of gonorrhea?</p> <p>4.14 How is gonorrhea treated?</p> <p>4.15 What are the possible consequences of not getting treated for gonorrhea?</p> <p>4.16 What are the symptoms of chlamydia?</p> <p>4.17 How is chlamydia treated?</p> <p>4.18 What can happen if chlamydia is not treated?</p> <p>4.19 What are the first symptoms of syphilis?</p> <p>4.20 How is syphilis treated?</p> <p>4.21 What can happen if syphilis is not treated?</p> <p>4.22 What are the symptoms of genital herpes?</p> <p>4.23 How is genital herpes spread?</p> <p>4.24 How is genital herpes treated?</p> <p>4.25 What other problems can be caused by genital herpes?</p>

Unit 4 – Preventing Diseases & Sexually Transmitted Infections

References and Notes	Work to Submit
<p><i>Refer to page 278 to write answers for questions 4.26 – 4.30 ▶▶</i></p> <p><i>Refer to page 280 to complete question 4.31 ▶▶</i></p> <p><i>Refer to page 280 to complete question 4.32 ▶▶</i></p> <p><i>Refer to the Student Workbook to complete question 4.33 ▶▶</i></p> <p>Note: <i>This is the end of Unit 4. You should check with your instructor to see if there is review work or any other additional work for this unit.</i></p>	<p>Writing:</p> <p>4.26 What causes genital warts?</p> <p>4.27 Describe the appearance of genital warts.</p> <p>4.28 How are genital warts spread?</p> <p>4.29 What other serious diseases can be caused by genital warts?</p> <p>4.30 How are genital warts treated?</p> <p>4.31 Answer questions 1 – 3 under <i>Lesson 2 Review</i>.</p> <p>Portfolio:</p> <p>4.32 Answer questions 1 & 3 under <i>Health in Your Life: A Patient’s Basic Rights</i>. Place your written answers in your portfolio.</p> <p>Writing:</p> <p>Complete <i>Workbook Activity 41: Facts About Sexually Transmitted Diseases</i>.</p>

Unit 5 – Recognizing Common Diseases

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 13, pages 286 – 291

References and Notes	Work to Submit
<p><i>Refer to pages 286 – 287 to write answers for questions 5.1 – 5.10</i></p>	<p>Writing:</p> <p>5.1 What is a cardiovascular disease?</p> <p>5.2 What are two common cardiovascular diseases?</p> <p>5.3 What is blood pressure?</p> <p>5.4 What is hypertension?</p> <p>5.5 What risk factors raise the chances of having hypertension?</p> <p>5.6 How is hypertension treated?</p> <p>5.7 What is arteriosclerosis?</p> <p>5.8 What is a chronic disease?</p> <p>5.9 What is atherosclerosis?</p> <p>5.10 What happens to the heart during a heart attack?</p> <p>5.11 What are the possible results of a heart attack?</p> <p>5.12 What are some treatments for patients with heart disease?</p> <p>5.13 What is angina pectoris?</p> <p>5.14 What are the treatments for angina?</p> <p>5.15 What is a stroke?</p> <p>5.16 What are some of the consequences of a stroke?</p>
<p>▶▶</p>	
<p><i>Refer to page 288 to write answers for questions 5.11 – 5.12</i></p>	
<p><i>Refer to page 289 to write answers for questions 5.13 – 5.17</i></p>	
<p>▶▶</p>	

Unit 5 – Recognizing Common Diseases

References and Notes	Work to Submit
<p>Refer to pages 290 – 291 to write answers for questions 5.18 – 5.20 </p> <p>Refer to pages 290 – 291 to complete question 5.21 </p> <p>Refer to page 291 to complete question 5.22 </p> <p>Refer to the Student Workbook to complete question 5.23 </p> <p>Refer to pages 292 – 293 to write answers for questions 5.24 – 5.28 </p>	<p>Writing:</p> <p>5.17 What are the treatments available to stroke victims?</p> <p>5.18 What is a risk factor?</p> <p>5.19 What are four risk factors for cardiovascular disease?</p> <p>5.20 What are four ways to help prevent cardiovascular disease?</p> <p>Portfolio:</p> <p>5.21 Consider the four risk factors for cardiovascular disease and four ways to help prevent cardiovascular disease. Answer the following questions and place your written answers in your portfolio:</p> <ul style="list-style-type: none">a. Do you think you are at risk for getting a cardiovascular disease later in life?b. What specific things can you do now that will help prevent you from getting a cardiovascular disease? <p>Writing:</p> <p>5.22 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.</p> <p>5.23 Complete <i>Workbook Activity 42: Changing Risk Factors</i>?</p> <p>5.24 What is cancer?</p> <p>5.25 What is a tumor?</p> <p>5.26 What is the difference between a malignant and a benign tumor?</p>

Unit 5 – Recognizing Common Diseases

References and Notes	Work to Submit
<p>Refer to pages 294 – 296 to write answers for questions 5.29 – 5.31 </p> <p>Refer to page 297 to complete question 5.32 </p> <p>Refer to the Student Workbook to complete question 5.33 </p> <p>Refer to page 297 to complete question 5.34 </p> <p>Refer to pages 298 – 299 to write answers for questions 5.35 – 5.38 </p> <p>Refer to page 300 to write an answer for question 5.39 </p>	<p>Writing:</p> <p>5.27 How does cancer spread?</p> <p>5.28 What are the seven warning signs of cancer?</p> <p>5.29 What types of self-exams can men and women do to detect warning signs of cancer?</p> <p>5.30 List and describe the three main types of treatment for cancer.</p> <p>5.31 What are six risk factors for cancer?</p> <p>5.32 Answer questions 4 & 5 under <i>Lesson 2 Review</i>.</p> <p>5.33 Complete <i>Workbook Activity 43: What is Cancer?</i></p> <p>Portfolio:</p> <p>5.34 Answer questions 1 – 3 under <i>Health in Your Life: Environmental Carcinogens</i>. Place your written answers in your portfolio.</p> <p>Writing:</p> <p>5.35 What is diabetes?</p> <p>5.36 What are the differences between Type I and Type II diabetes?</p> <p>5.37 What are two ways to check for diabetes?</p> <p>5.38 What are the two main treatments for diabetes?</p> <p>5.39 What are four risk factors for developing Type II diabetes?</p>

Unit 5 – Recognizing Common Diseases

References and Notes	Work to Submit
<p>Refer to page 301 to complete question 5.40 ▶▶</p>	<p>Writing:</p> <p>5.40 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p>
<p>Refer to the Student Workbook to complete question 5.41 ▶▶</p>	<p>5.41 Complete <i>Workbook Activity 44: Diabetes</i>.</p>
<p>Refer to pages 302 – 303 to write answers for questions 5.42 – 5.51 ▶▶</p>	<p>5.42 What is arthritis?</p>
	<p>5.43 What is rheumatoid arthritis?</p>
	<p>5.44 What treatments are available for rheumatoid arthritis?</p>
	<p>5.45 What is osteoarthritis?</p>
	<p>5.46 What treatments are available for osteoarthritis?</p>
	<p>5.47 What is epilepsy?</p>
	<p>5.48 What is a seizure?</p>
	<p>5.49 What is a grand mal seizure?</p>
	<p>5.50 What is a petit mal seizure?</p>
	<p>5.51 How is epilepsy treated?</p>
<p>Refer to pages 304 – 305 to write answers for questions 5.52 – 5.56 ▶▶</p>	<p>5.52 What should be done if a person sees someone having a grand mal seizure?</p>
	<p>5.53 What is asthma?</p>
	<p>5.54 What factors may trigger an asthma attack?</p>
	<p>5.55 What are the signs and symptoms of an asthma attack?</p>

Unit 5 – Recognizing Common Diseases

References and Notes

Refer to page 306 to complete question 5.57  

Refer to the Student Workbook to complete question 5.58  

Refer to pages 308 – 309 to complete question 5.59  

Note: This is the end of Unit 5. You should check with your instructor to see if there is review work or any other additional work for this unit.

Work to Submit

Writing:

5.56 How is asthma treated?

5.57 Answer questions 1 – 5 under *Lesson 4 Review*.

5.58 Complete *Workbook Activity 45: Arthritis, Epilepsy, and Asthma*.

5.59 Answer questions 1 – 20 under *Chapter 13 Review*.

Appendix A
Canada's Food Guide