

B1.1 Keeping Healthy

B1.1.1 Diet and Exercise

Summary

A combination of a balanced diet and regular exercise is needed to help keep the body healthy.

Healthy Diet

- A healthy diet contains the right balance of the different foods you need and the right amount of energy.
- These foods should provide the following nutrient groups:
 - Carbohydrates for energy and to make cell structures
 - Fat for energy and insulation and cell structures
 - Protein to control cell reactions (as enzymes) and to build cell structures
 - Vitamins and minerals to help our bodies function well.

Malnourishment

- A person is malnourished if their diet is not balanced.
- This may lead to a person being overweight or underweight.
- An unbalanced diet may also lead to diseases.
- Lack of essential nutrients in the diet can lead to deficiency diseases.
- Excess intake of high energy foods can lead to type 2 diabetes.
 - This is a disease where the person is unable to control the levels of sugar in their blood.
 - This is very dangerous, and the person must carefully control their diet and monitor their blood sugar levels regularly.

Slimming programmes

- A person gains mass when the energy content of the food taken in is more than the amount of energy expended by the body.
- A person loses mass when the energy content of the food taken in is less than the amount of energy expended by the body.
- An effective slimming programme advises people to reduce the energy content of their food, and to increase the amount they exercise.
- Some slimming programmes encourage people to consume a low proportion of one of the nutrient groups in their diet. This may enable them to lose weight, but it will not necessarily be a sensible, healthy diet.

Exercise

- Exercise increases the amount of energy expended by the body.
- People who exercise regularly are usually healthier than people who take little exercise.
- They expend more energy and their circulatory system becomes more efficient.
- They are likely to have lower blood pressure, and less likely to be overweight.

Metabolic rate

B1 1 Keeping Healthy Answers

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Compact Preliminary for Schools Teacher's Book Sue Elliott, Amanda Thomas, 2013-01-17 Compact Preliminary for Schools is a focused 50-60 hour course for Cambridge English Preliminary for Schools also known as Preliminary English Test PET The Teacher s Book supports teachers with lesson preparation ideas and features CLIL extension tasks It contains full answer keys with model answers for the writing tasks and audioscripts for both the Student s Book and Workbook Photocopiable Progress tests are also included [Applied Language Learning](#), 1997

The Use of Data in School Counseling Trish Hatch, 2013-11-13 Reach ALL students and prove how critical your counseling program is Data can make the difference for today s embattled school counseling programs and this insightful book shows how to collect and manage it Aligned with current research and the ASCA standards this essential resource includes a complete set of user friendly tools and templates for data collection action planning and reporting Readers will learn how to Develop a robust counseling curriculum that supports the Common Core Standards and drop out prevention Replace random acts of guidance with intentional well timed interventions that are based on student needs Measure progress through pre and post assessments Deliver compelling reports that demonstrate your program s impact

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