

WHAT IS MEANT BY 'EXTENDED FAMILY'
HINT 1: WHO ELSE IS CLOSE TO YOU?
HINT 2: BECOMING LESS COMMON

ANSWER: WHERE 3 OR 4 GENERATIONS OF ONE FAMILY LIVE TOGETHER OR VERY CLOSE. IT PROVIDES A STRONG SUPPORT NETWORK AS THERE ARE PEOPLE TO HELP OUT WITH BABYSITTING, CHORES, OR CARE

WHAT CAN EDUCATIONAL SUCCESS LEAD TO?
HINT 1: WHY DO WE ENCOURAGE HARD WORK?
HINT 2: WHAT WOULD HAPPEN IF YOU DIDN'T SUCCEED?

ANSWER: BETTER (HIGHER PAID) JOB, BETTER SOCIAL STATUS, BIGGER CHOICE OF JOB / CAREER, FEELING GOOD ABOUT YOURSELF—INCREASED CONFIDENCE

WHAT ARE THE 4 TYPES OF FAMILY?
HINT 1: N, E, L-P AND R
HINT 2: NU, EX, LO-PA AND RE

ANSWERS: NUCLEAR, EXTENDED, LONE-PARENT AND RECONSTITUTED

WHAT ARE 'MATERIAL POSSESSIONS'?
HINT 1: ESSENTIAL OR NOT ESSENTIAL?
HINT 2: NOT ESSENTIAL

ANSWER: OBJECTS THAT PEOPLE OWN THAT ARE NOT ABSOLUTELY NECESSARY—THE LATEST MOBILE PHONE FOR EXAMPLE

NAME 3 NEGATIVE FACTORS ABOUT LIVING IN A 'BAD NEIGHBOURHOOD'
HINT 1: THINK ABOUT A VERY DEPRIVED AREA
HINT 2: WHAT MIGHT BE FOUND IN A BETTER AREA?

ANSWERS (3 FROM) OVERCROWDING, NOISE AND AIR POLLUTION, NOISY NEIGHBOURS, ILLNESS OR POOR HYGIENE, CRIME (AND FEAR OF CRIME) POOR TRANSPORT

NAME 3 POSITIVE FACTORS ABOUT LIVING IN A 'GOOD NEIGHBOURHOOD'
HINT 1: THINK ABOUT A RICH, AFFLUENT AREA
HINT 2: WHAT IS NOT FOUND IN A BAD AREA?

ANSWERS (3 FROM) GOOD FACILITIES—LIBRARIES, PARKS, SCHOOLS, LACK OF POLLUTION, LOW CRIME RATE, OPEN SPACES, LOTS OF SPACE

WHAT IS SELF ESTEEM?
HINT 1: YOURSELF
HINT 2: GOOD OR BAD AT THINGS?

ANSWER: IT IS THE VALUE YOU HAVE OF YOURSELF—IT CAN BE HIGH OR LOW

WHAT PHYSICAL FACTORS CAN AFFECT OUR SELF ESTEEM?
HINT 1: THINK OF A MIRROR
HINT 2: WHAT DO WE SEE IN THE MIRROR?

ANSWERS: FIT AND HEALTHY BODY, GOOD LOOKS (GOOD LOOKING PEOPLE OFTEN THOUGHT OF AS BEING MORE INTELLIGENT)

WHAT ARE THE 4 TYPES OF RELATIONSHIPS?
HINT 1: F, F, I/S AND W
HINT 2: WHAT RELATIONSHIPS DO YOU HAVE?

ANSWERS: FAMILY, FRIENDSHIPS, INTIMATE / SEXUAL, WORKING

IN CHILDHOOD, THE PARENT IS OFTEN OVERTAKEN AS THE MOST SIGNIFICANT INFLUENCE BY:
HINT 1: WHO DO THEY SPEND A LOT OF TIME WITH?
HINT 2: IN SCHOOL

ANSWER: IT IS OFTEN THEIR PRIMARY SCHOOL TEACHER HOPEFULLY THIS IS A GOOD RELATIONSHIP, LEADING TO A POSITIVE SELF-ESTEEM AND THE CHILD FEELING GOOD ABOUT THEMSELVES

WHAT IS A HEALTHY BODY TEMPERATURE?
HINT 1-MORE THAN 30

ANSWER- 37 DEGREES

WHAT ILLNESS COULD BE THE REASON SOMEONE HAS A
LOW PEAK FLOW READING?
HINT 1-YOU MIGHT NEED AN INHALER

ANSWER-ASTHMA

HOW CAN YOU RECORD HEALTH?
HINT 1-THINK ABOUT OUR PRACTICAL SESSIONS IN
LESSONS

ANSWER-PULSE, BLOOD PRESSURE, PEAK FLOW, BMI

IF SOMEONE IMPROVES THEIR FITNESS THEIR RESTING
HEART RATE SHOULD INCREASE OR DECREASE?
HINT-THEIR HEART WILL HAVE BECOME STRONGER

ANSWER-THEIR RESTING HEART RATE SHOULD DECREASE.

WHAT DOES BMI STAND FOR?
HINT 1- THREE WORDS

ANSWER-BODY MASS INDEX

PEAK FLOW IS A MEASURE OF WHAT?
HINT- LUNGS

ANSWER- THE POWER OF YOUR LUNGS

HOW OLD DO YOU HAVE TO BE TO BUY CIGARETTES?
HINT-IT CHANGED IN THE LAST FEW YEARS,

ANSWER-YOU HAVE TO BE 18.

WHAT SMOKING LAWS HAS THE GOVERNMENT PASSED?
HINT1-THINK ABOUT BUILDINGS/CARS

ANSWER-SMOKING BAN IN PUBLIC PLACES. CAN NOT
SMOKE IN YOUR CAR WITH CHILD UNDER 18. CAN NOT
SMOKE IN A WORKS VEHICLE

WHY IS AN ACTIVE LIFESTYLE GOOD FOR YOU
EMOTIONALLY?
HINT- THINK ABOUT HOW YOU FEEL AFTER DOING
EXERCISE.

ANSWER- IMPROVES MOOD, HELPS WITH STRESS,
COMBATS DEPRESSION.

WHAT SUPPORT GROUP COULD YOU SEND SOMEONE TO IF
THEY HAD A PROBLEM WITH ALCOHOL?
HINT 1- IT'S A GROUP WHERE YOU CAN TALK

ANSWER-AA

WHAT IS MENOPAUSE?
HINT 1: WOMEN ONLY
HINT 2: USUALLY IN THE LATER STAGES OF ADULTHOOD

ANSWER: THE TIME IN A WOMANS LIFE WHEN
MENSTRUATION STOPS, USUALLY BETWEEN 45 AND 55,
THOUGH CAN BE MUCH EARLIER.

CAN YOU NAME THE THREE TYPES OF SUPPORT THAT EXIST
TO HELP US IN DIFFICULT SITUATIONS?

HINT 1: F&F, P, TP
HINT 2: MUM, DOCTOR, VICAR

ANSWER: FAMILY AND FRIENDS, PROFESSIONAL (EG
DOCTOR) AND THIRD PARTY—SOMETIMES CALLED
VOLUNTARY, A CHARITY FOR EXAMPLE

IN WHAT WAYS COULD A DOCTOR HELP IN A DIFFICULT LIFE
SITUATION?

HINT 1: MORE SPECIFIC THAN 'TABLETS'
HINT 2: MORE SPECIFIC THAN 'TALKING'

ANSWER: A DOCTOT CAN PRESCRIBE MEDICATION,
POSSIBLY FOR PAIN RELIEF OR TO SLEEP BETTER. THEY
CAN OFFER SPECIALIST ADVICE OR REFER ON TO A
SPECIALIST.

HOW CAN FAMILY AND FRIENDS HELP IN AN UNEXPECTED
LIFE SITUATION?

HINT 1: IF YOU SAY ' TALK' - EXPLAIN HOW AND WHY
HINT 2: BE AS SPECIFIC AS POSSIBLE

ANSWER: FAMILY AND FRIEND CAN BE A SHOULDER TO
CRY ON, THEY CAN OFFER ADVICE OR HELP OUT
FINANCIALLY. THEY MIGHT COOK MEALS OR DO JOBS
AROUND THE HOUSE

WHAT OBSTALES COULD THERE BE TO SOMEONE
ACHIEVING THEIR HEALTH GOALS?

HINT1- THINK OF BARRIERS

ANSWER-MONEY, TIME, RESOURCES, MOTIVATION,
DISABILITY, LOCATION, SUPPORT

HOW COULD YOU OVERCOME THE BARRIER OF LOW
MOTIVATION?

HINT-TRY AND THINK OF THREE THINGS

ANSWER-FIND A BUDDY, SUPPORT GROUPS, SET TARGERS.

WHAT IS A SHORT TERM TARGET?
HINT- ITS LESS THAN A YEAR.

ANSWER- A SHORT TERM TARGET IS LESS THAN SIX
MONTHS, LONG TERM GENERALLY MORE THAN 6 MONTHS

WHAT ARE THE PHYSICAL BENEFITS OF BEING IN A LONG
TERM RELATIONSHIP/MARRIAGE?

HINT1- THINK HOW WELL MEN DO!

ANSWER- LESS LIKELY TO HAVE HEART DISEASE AND
CERTAIN CANCERS. QUICKER RECOVERY RATE FROM
DISEASE AND ILLNESS.

IF YOU HAVE HIGH BLOOD PRESSURE WHAT HEALTH RISKS
ARE YOU IN DANGER OF?

HINT 1-THINK OF TWO

ANSWER-HEART ATTACKS, STROKE.

WHAT COULD BE THE LONG TERM PHYSICAL EFFECTS OF
STRESS AND ANXIETY?

HINT- OVER 6 MONTHS

ANSWER- HIGH BLOOD PRESSURE, HEADACHES,
SLEEPLESSNESS, ELCERS.

WHY DOES THE GOVERNMENT COLLECT DATA ON SMOKING AND ALCOHOL?
HINT 1-THINK ABOUT ADVERTS

ANSWER-TO PLAN HOW TO SPEND MONEY, HELP PEOPLE TO GIVE UP AND PLAN ADVERTISING CAMPAIGNS

HOW MANY TIMES SHOULD YOU TAKE YOUR PEAK FLOW READING?
HINT 1-ITS MORE THAN ONCE

ANSWER- 3 TIMES.

WHAT ARE THE PROBLEMS WITH USING BMI AS A WAY TO MEASURE HEALTH?
HINT 1-THINK ABOUT MUSCLES

ANSWER-MUSCLES WEIGHS MORE THAN FAT. DOESN'T TAKE INTO ACCOUNT MALES AND FEMALES

WHAT CONSTITUTES HIGH BLOOD PRESSURE?
HINT 1-THE TOP NUMBER IS 120

ANSWER-120/80

WHAT COULD CAUSE YOUR BLOOD PRESSURE TO BE HIGHER THAN NORMAL WHEN IT IS BEING TAKEN?
HINT 1- KEEP QUIET!

ANSWER- MOVING OR TALKING WHEN IT IS BEING TAKEN, NOT SITTING DOWN.

HOW DO YOU WORK OUT BMI?
HINT1 SOMETHING DIVIDED BY SOMETHING

ANSWER- WEIGHT DEIVIDED BY HEIGHT SQUARED

WHAT ARE THE RISKS TO HEALTH FOR A SMOKER?
HINT-THINK ABOUT ILLNESSES AND DISEASES

ANSWER-INCREASED RISK OF MANY CANCERS INCLUDING LUNG CANCER AND THROAT CANCER. ALSO AT RISK OF CARDIO VASCULAR DISEASE.

WHAT ARE THE ISSUES WITH USING NORMALATIVE DATA TO MAKE JUDGEMENTS ON HEALTH?
HINT-WE ARE ALL DIFFERENT

ANSWER- DATA ONLY FOCUSES ON ONE ASPECT, YOU NEED TO LOOK AT THE BIGGER PICTURE TO MAKE JUSGEMENTS ON HEALTH

WHAT IS THE AVERAGE RESTING PULSE RATE?
HINT- THINK OF A NUMBER

ANSWER-PULSE RATE SHOULD BE AROUND 70 BEATS PER MINUTE.

WHAT DOES BPM MEAN WHEN YOU ARE THINKING ABOUT PULSE RATES?
HINT-BEATS...

ANSWER-BEATS PER MINUTE