

TEENAGE HEALTH

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On behalf of The World Association of Technology Teachers

W.A.T.T.



World Association of Technology Teachers

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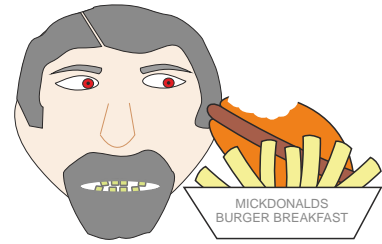
Teenage years are an exciting time. As a young person you, will be preparing for your life after school, in the world of work and for life as an adult in society.

Part of this preparation is staying healthy and being aware of the various ways in which your health could be harmed. People often associate poor health with physical illnesses or diseases. However, as individuals, there is much that we can do to stay healthy.

Remember, a healthy person is more likely to be successful in their personal and social life and chosen career.

1. How could eating a poor range of foods (having a bad diet) affect your health?

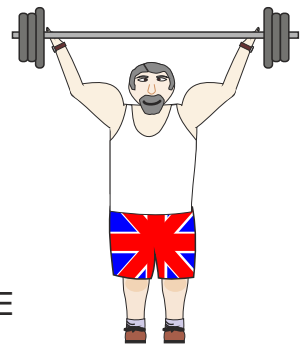
OVERWEIGHT UNHEALTHY UNFIT UNDERNOURISHED HEART DISEASE



2. Keeping physically active helps keep people of all ages healthy. This includes playing in teams and taking part in individual physical activities, such as running.

Why is exercise good for you? The following statements may help you answer this question.

IMPROVES HEALTH AND FITNESS MAKES YOU FEEL BETTER
GIVES YOU A TARGET IN YOUR LIFE HELPS BUILD YOUR SELF DISCIPLINE
LESS LIKELY TO SUFFER FROM ILLNESS REDUCES FEELINGS OF ANXIETY AND DEPRESSION



3. What does it mean when it is said, that a person is addicted to drugs or smoking? The keywords / phrases may help you answer this question.

CANNOT STOP LACKS WILL POWER CANNOT LIVE WITHOUT IT LACKS SELF CONTROL
