

# Health protection contest

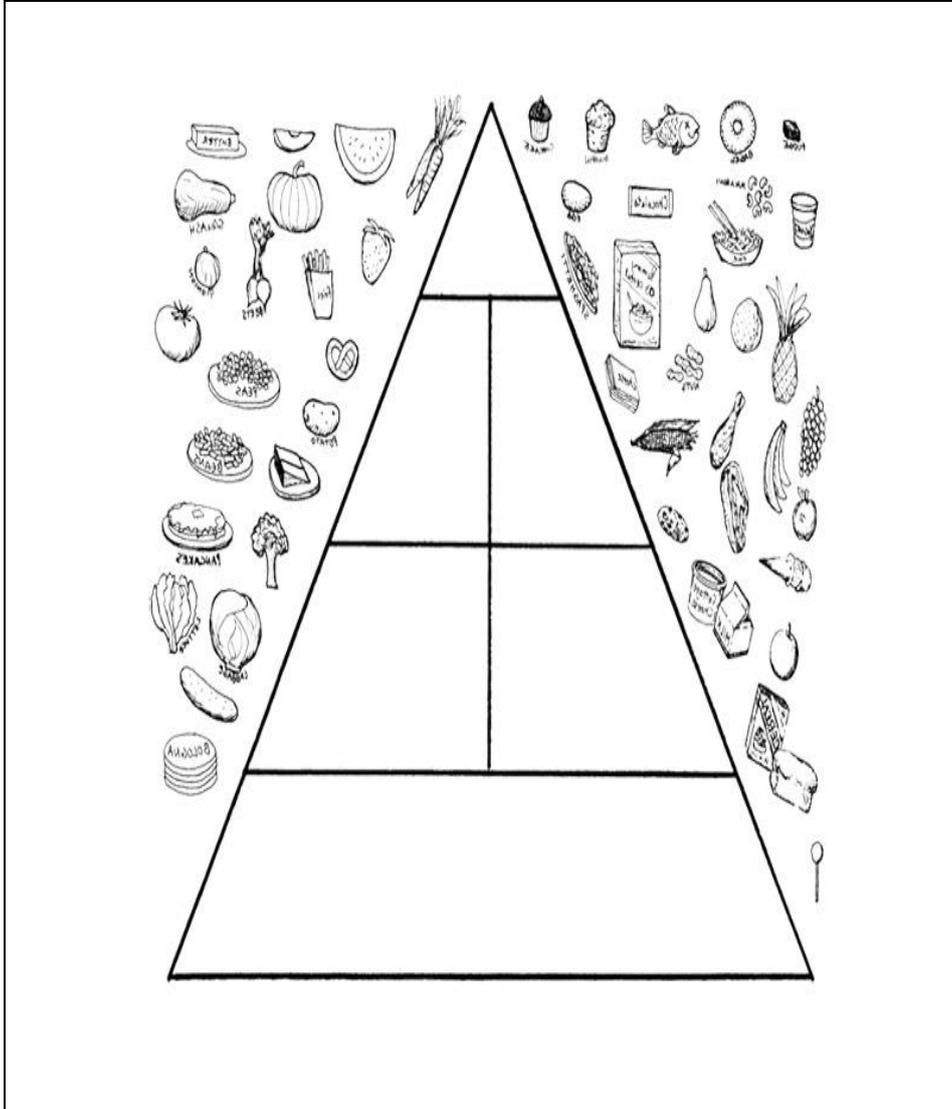
Groups of five 13-year-old pupils take part in the contest.

## Tasks:

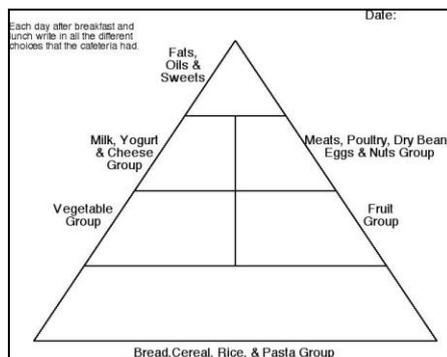
1. Make a menu with healthy meals for a whole day.
2. Nutrition pyramid.
3. Healthy nutrition quiz.
4. Name the food you are tasting with your eyes blindfolded.
5. Addiction quiz.
6. Write a poem, which has to include 5 given words (such as carrots, sausages, muscles, tummy, salad, oranges, etc.)
7. Smoking quiz.
8. Situations – role play.
9. The children have to prepare some healthy dishes in advance at home. All the groups are given the same ingredients. After rating the dishes, they eat them at the end of the contest.

# Nutrition pyramid

Put the food items around in the pyramid and add some other drawings and examples.



Possible answer:



# Situations

**1. What would you do in the following situation? Act out the situation and try to persuade each other.**

Your classmate's parents are not at home all day. They're back very late. He invites three of you for a drink. He has boasted of the several and special drinks you can taste. One of you doesn't think what they are going to do is right but he also joins the party. What would you tell the others to dissuade them from drinking alcoholic drinks? What if you risk your friendship?

**2. What would you do in the following situation? Act out the situation and try to persuade each other.**

After playing football you sit down to chat. One of the boys offers you a cigarette. You don't want to accept it. The others start mocking at you. What would you do to avoid smoking? How would you solve the problem?

**3. What would you do in the following situation? Act out the situation and try to persuade each other.**

You are invited to a birthday party. You're the youngest at the party. The others offer you a cigarette and some spirits. You don't want to accept any. The others start mocking at you. What would you do to solve the problem?

**4. What would you do in the following situation? Act out the situation and try to persuade each other.**

It's dark. You meet at the park. A friend appears with a reefer. The others sniff it one after the other. It's your turn. You're willing to try it but you know that it's very harmful. What would you do to avoid trying it? How would you dissuade the others from trying it?

# Smoking Quiz

Decide whether these statements are true or false.

1. Teenagers smoke mainly because they want to become a member of a group.
2. Passive-smoking causes respiratory diseases for non-smokers.
3. Smoking helps you when you're nervous.
4. If somebody smokes a packet of cigarettes a day throughout a year, 1 litre of tar is deposited in his/her lungs.
5. Sport compensates the harmful influence of smoking.
6. A packet of cigarettes is enough to make your heart beat faster, to raise your blood pressure and to decrease the amount of oxygen and blood flowing into your lungs.
7. Most smokers enjoy smoking and don't want to give it up.
8. One of the main causes of heart diseases is smoking.
9. Most teenagers can give up smoking whenever they want to.
10. It doesn't matter if teenagers try smoking in case they give it up before they take to it.

Answers:

1. T
2. T
3. F
4. T
5. F
6. T
7. T
8. T
9. F
10. T

# Healthy nutrition

1. Which belongs to the nutriment section?  
A: chocolate  
B: carbohydrates  
C: coffee
2. Which vitamins are soluble in fat?  
A: vitamin A, vitamin D, vitamin E, vitamin K  
B: vitamin C  
C: vitamin B6
3. Which food stuff belongs to the healthy nutriment section?  
A: kephir  
B: crisps  
C: gum sweets
4. Which food stuff belongs to the fat section?  
A: bread  
B: cucumber  
C: margarine
5. Which fruit contains the most vitamin C?  
A: apple  
B: banana  
C: kiwi
6. Which is the unhealthiest?  
A: cocoa  
B: soft drinks  
C: jam
7. Which is physiology-friendly?  
A: brown bread  
B: cocoa rolls  
C: popcorn
8. Which dairy product contains the most fat?  
A: milk  
B: yoghurt  
C: cheese

Answers:

1. B   2. A   3. A   4. C   5. C   6. B   7. A   8. C

# Addictions

1. Why is smoking unhealthy?  
A: because nicotine is deposited in the lungs  
B: because tar is deposited in the lungs  
C: because it causes lack of appetite
2. Which is a drug?  
A: nicotine  
B: caffeine  
C: morphine
3. Which is amphetamine?  
A: morphine  
B: marijuana  
C: LSD
4. Why is drug taking harmful?  
A: because you can take to it  
B: because it has a bad effect on your character and nervous system  
C: because it's very expensive
5. Why is excessive alcohol drinking harmful?  
A: because it has a bad effect on your liver and kills your nerves  
B: because you get drunk  
C: because drunken people lose their balance and fall
6. How does caffeine effect on your body?  
A: you fall asleep  
B: your teeth get yellow  
C. it raises your pulse and blood pressure
7. Which statement is true about smoking?  
A: Nicotine is a yellow and smelly compound.  
B: Tar isn't harmful for your health.  
C: You can take to smoking.
8. What would you do if you were offered a reefer?  
A: I would refuse it and tell it to an adult  
B: I would try it. It can't cause any harm.  
C: I would try it because a single cigarette doesn't cause addiction.

Answers:

1. B 2. C 3. C 4. B 5. A 6. C 7. C 8. A