N	ame:	Date:	/35	%
U	nit 1 – Personal and Public Health Pra	actices		
Со	<b>rections:</b> mplete this worksheet as you read the Unit 1 Workboo track. The mark value for each question is indicated.	ok. It will help guide your	understanding and help kee	p you
	ort 1 – Nutrition and Lifestyle Choices  What was the major shift in the 2019 Government of	Canada's Food Guide? (2	marks)	
2.	Describe the what is recommended to be on your planot? (2 marks)	ite. Does this match a typi	cal meal for you? Why or w	'hy
3.	Describe why dieting did not work for Dawn. (2 marks	s)		
4.	What are the three key factors that helped Dawn suc	ceed in losing weight? (3	marks)	

## Part 2 – Allergies and Sensitivities

1.	Make a short list of some of the symptoms of an anaphylactic reaction. (10 marks)		
2.	List the five steps that you can do to save a person's life if they are having an anaphylactic reaction. (5 marks)		
Pa	rt 3 – First Peoples Traditional Medicines		
1.	From the list of medicinal plants, describe one that you have seen in your community and where you've seen it. (2 marks)		
2.	Are there any traditional medicines you have tried or are willing to try? Why or why not? If you have tried		
	traditional medicines, what were they? (2 marks)		

## Part 4 – Understanding Our Cognitive Biases

1. What is meant by the term bias? Why do we have them? (2 marks)

2. List five cognitive biases from the excerpt by Sarah Watts. (5 marks)