

Name:

Date:

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Unit 1 – Personal and Public Health Practices

Directions:

Complete this worksheet as you read the Unit 1 Workbook. It will help guide your understanding and help keep you on track. The mark value for each question is indicated.

Part 1 – Nutrition and Lifestyle Choices

1. 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 plate. Does this match a typical meal for you? Why or why not? (2 marks)
3. Describe why dieting did not work for Dawn. (2 marks)
4. What are the three key factors that helped Dawn succeed in losing weight? (3 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)