**PPZ 3OA Summative /75**

PART 1:

Choose one community health initiative to research and learn about. Some examples include “Active Families, Active Schools”, “Nutrition for Learning”, “Jump Rope for Heart”, or “Participaction”.

Write a 2 page report that explains the following:

1. What is the initiative? What is its purpose? [4]
2. Who does it help and how? [2]
3. Is it a valuable program? [2]
4. How is it related to the Vitality approach? [3]
5. How do people find out about this program? How is it advertised? [2]
6. Is it available in Waterloo? [1]
7. What volunteer positions are available with this initiative? [2]
8. Do you have any ideas that would make the program better? [2]

\*\* Be sure to keep track of all webpages used when doing your research. \*\*

PART 2:

Create a poster on the computer that advertises your chosen program. [6]

PART 3:

Create a one week menu for the cafeteria at your school. The menu must include breakfast options and lunch options. Be sure that the menu is healthy and that each meal offers foods from all 4 food groups. [10]

PART 4:

Locate three advertisements that promote popular fad products that athletes use for that extra edge e.g., protein, vitamins, caffeine, drugs (steroids, speed). Include these ads with your summative.[3]

PART 5:

Some illnesses for which heredity is a factor include: diabetes, breast cancer, cardiovascular disease, hypertension, mental illness and depression. Select two of these illnesses and research them. Complete the attached table only for the two illnesses you selected. [20]

PART 6:

Using the 3 case studies that follow, answer the following questions:

1. List 2 negative habits that the person has in terms of their health. [6]
2. List 1 lifestyle choice or social factor that is influencing the person’s decisions. [3]
3. List 3 changes that should be made in order for each person to become more healthy. [9]

**Case 1**  
  
Tom is a grade 12 student who appears confident, and often loud and boisterous. At 5'11" and 230 lbs., he is a large person. Tom is a computer wizard and spends most of his time in front of the computer. His mom works evenings, so he and his brother make their own suppers. Snack foods such as chips, chocolate bars, and desserts are part of his daily food intake. He eats a lot of fast foods and quickly cooked dinners. With graduation and the formal only three months away, Tom is concerned about his appearance. He wants to look good in his tuxedo, as grad photos will be taken that day.

**Case 2**  
  
Satinder is a 15-year-old Grade 9 student. During lunch Satinder is looking through her latest fashion magazine. All the women in the magazine look beautiful- their hair is perfect, their skin is smooth, and their bodies are tall and lean. Comparing herself to these women, Satinder decides that her thighs and stomach are too big so she vows to slim down by decreasing her food intake and keeping a vigorous routine of jogging, cycling, and crunches. She is 5'5" tall and weighs 120 lbs. She begins by cutting breakfast down to a glass of juice. For lunch she treats herself to a chocolate cookie and at dinner eats a small portion of the dinner her mother prepares. Satinder succeeded in slimming down, and she now weighs 108 pounds. Although happy with her weight loss, she lacks energy. She finds that it’s a real effort to do any kind of physical activity and she always feels cold.

**Case 3**   
  
At 5'6" and 120 lbs., Shafiq has always been a little self-conscious about his size. In Physical Education class, he developed his own weight-training program and has maintained it for three months. Every day except Friday, he works-out on the weights for an hour. Shafiq is pleased to see the increase in muscle definition in both his arms and abdominal muscles and hopes that soon he’ll gain some weight too. Some of his friends recommended creatine, a vitamin supplement, and protein powder to help build more muscle, so he takes them faithfully every morning, with his breakfast. To bulk up even further, Shafiq has gotten into the habit of buying a donut on the way to school, snacking on cookies and chips after lunch and then buying a hamburger on the way home. After supper, Shafiq does his weights. He is usually so hungry after his workout that he makes himself a big cold-meat and cheese sandwich. His mom is constantly amazed at the quantity of food he eats.

**CAFETERIA MENU**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |