

## Handout- "Health File: Know Your Blood Pressure. It's Important."

**Instructions:** Answer each of the following questions in your own words in complete sentences. Each answer must be numbered and must address the question or re-state the question that is being answered. Correct spelling and grammar is required.

- 1) Define "Blood Pressure"
- 2) Explain why it is important to control blood pressure. What happens if blood pressure is not controlled. Provide examples.
- 3) Provide 2 examples that can raise your blood pressure.
- 4) Explain what each of the 2 numbers measure in a blood pressure reading. Define "systolic" and "diastolic" blood pressure.
- 5) List 5 ways to control your blood pressure.
- 6) What should you do if you suspect you have high blood pressure?
- 7) List 3 guidelines for a "heart healthy" life and briefly identify why each are important.
- 8) Why is a variety in the type of food you eat important to our health?
- 9) Identify 3 things to look for in reading product labels when grocery shopping. Explain why each are important to read.
- 10) In considering the "variety is the spice of life" food groups, create a healthy breakfast and lunch menu that list at least 5 choices of food for each.
- 11) \*\*\***PORTFOLIO Assignment** - Journal Entry (Must be 1 page in length)

In using the "Health File" handout, explain why staying health conscious and eating right is important to you and your job. Explain how good and bad health can interfere with your job/career. Also, explain what you feel the work place/employers should provide to ensure their employees are healthy. (You should also consider details from the Health and Safety unit).

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