

1. When goal setting, what is:

S  
M  
A  
R  
T

2. List three of the health complications of raised blood glucose.

1.  
2.  
3.

3. Name the 5 key lifestyle messages:

1.  
2.  
3.  
4.  
5.

4. Two main concepts to remember are high.....low.....

5. The government suggest eating less than 5g, 6g or 7g of salt a day?  
(circle your answer)

6. Which is better saturated fat or unsaturated fat? Can you name one example of each?

7. What are free sugars? And how many grams per day should we aim to keep under?

8. Name three healthy ways of cooking food?

- 1.
- 2.
- 3.

9. Again, using the traffic light system how many grams or more of sugar are considered in the red/high zone?

10. Name some health problems that physical activity reduces the risk of?

11. How many minutes of exercise is it recommended we do in a week?

12. What does FITT stand for?

13. Name three of the benefits of relaxation?

- 1.
- 2.
- 3.