My personal health and wellness plan

Eating, sleeping, exercise

During the eating portion, we learned that there are 4 food groups. I learned that we should be including more fat like healthy foods in our diets, such as olive and vegetable oil. We noted what we ate for 24 hours and calculated whether we got the recommended food requirements. During the sleeping portion, we discussed that people at our age need at least 8 hours of sleep each night. I learned that I don’t get enough sleep and that I need to be more organized with my homework to obtain this. We also need to get one hour of exercise each day to stay active fit and healthy.

Sex and stereotypes

During this portion of the health unit, we learned the emotional, physical, and social effects of sex. We also learned different types of STI’s and the side effects on our bodies. Stereotypes are also a major factor in this unit. Stereotypes are the way people perceive you without proper insight. For example, how people may think of you after rumours of you having sex.

Contraceptive’s and disease control

During this portion, we learned how contraceptives can prevent different diseases and STI’s as well as pregnancy. Such as condoms, IUD’s, the pill etc. we learned that preventative measures are very important to practice safe sex. Although there are many things to help prevent pregnancy and STI’s the only absolute way to prevent these things is abstinence.