Attainment’s
Making Healthy Choices
WORKBOOK
Win/Mac CD
The CD contains printable PDF files of Making Healthy Choices Workbook, Health Advocacy Program, and Supporting Healthy Lifestyles. PDF reader software is required to view the PDFs. Acrobat® Reader® Software is included on the CD.

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Acknowledgments

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Finally, we thank Ina Johnson, RN, for her assistance in coordinating project activities, and Michelle Postler for her comments and suggestions in the development of this Workbook.
About This Workbook

Organization of the Book
This workbook was developed to enhance the health and well-being of learners who experienced the Health Advocacy Program. The order of information in the workbook follows that of the Health Advocacy Program. The workbook contains:

- handouts from the Health Advocacy Program,
- activities to improve health and well-being, and
- information about potential personal health goals.

Each lesson has fun and interesting activities for the classroom and home, a health knowledge question, and a page for health notes. The answers to the questions in many of the activities can be found at the back of the book.

To the Health Self-Advocate
This workbook is for you. It was written to help you use the ideas in the Health Advocacy Program. If you need help, an instructor will help you complete the activities in the workbook. Some of the activities can be done at home. You will see a page for Health Notes at the end of each lesson. Here you can write information about your own health behavior. You can write about what you ate, what you are doing to stay healthy, and progress on a personal health goal. You can write other health information too.

So have a good time using this workbook to help you stay healthy and happy as you become a better health self-advocate.

To the Instructor
This workbook complements the Health Advocacy Program curriculum and the Supporting Healthy Lifestyles Program for support professionals. The workbook is self-contained and describes health activities that can be performed independently, but many learners will need guidance in completing the activities and in reviewing their answers. In this regard, class discussion can be particularly useful to reinforce learning. Also, some instructors find it helpful to adapt lesson material to match special needs of students. Opportunities to expand health learning can occur through field trips, recipe sharing, cooking competitions, reporting healthy activities, and so forth.
To the Parent/Guardian/Home Support Staff

The *Making Healthy Choices Workbook* was designed to support the health advocate as he or she strives to attain healthier lifestyle practices. It will be helpful for you to review the material in the workbook with special attention to the at-home exercises. As you know, most health practices originate in the home, so your support will enhance the effectiveness of the program in maintaining a healthy lifestyle. For example, if the individual has developed a personal health goal, you can assist with the implementation at home and with the documentation of progress. Your attention to the workbook activities will go a long way toward helping the person make healthier lifestyle choices.
Introduction

Getting to Know You

Activity 1: How Healthy Is Your Lifestyle?

Activity 2: Health Behavior

Activity 3: Develop a Personal Health Goal

Home Activity: Be a Health Advocate

Test Your Health Knowledge

Health Notes
Getting to Know You

Option A: For Partners
(Requires writing skills)

Instructions: Introduce yourself to your partner. Ask your partner the questions on this worksheet. Write in his or her answers.

1. What is your name?

2. What are your 3 favorite foods?

3. What are 2 things you like about yourself?
Getting to Know You

Option B: For Small Groups

**Instructions for assistants:** Assist participants as needed in responding to the statements below, reading each statement and recording responses if necessary. Assist in sharing the information with the group.

1. What is your name?

2. What are your 3 favorite foods?

3. What are 2 things you like about yourself?
ACTIVITY 1:

How Healthy Is Your Lifestyle?

To learn about how healthy your lifestyle is, complete the questionnaire. When you are finished, add up your scores and look at the scale below to find out how you measure up.

<table>
<thead>
<tr>
<th>Instructions: Circle the answer that most applies to you.</th>
<th>Always</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I eat three balanced meals a day.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>2. I get at least seven to eight hours of sleep at night.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>3. I exercise for half an hour at least three times a week.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>4. I avoid smoking.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>5. I make time to socialize with friends and family.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>6. My diet is low in fat.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>7. My diet is low in salt.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>8. My diet is low in sugar.</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

TOTAL SCORE _____ + _____ + _____ = ____

How did you measure up?

20 – 24 = Good work, keep it up
12 – 19 = Not bad, could be better
8 – 11 = You will have to try harder
ACTIVITY 2:

Health Behavior

Using your answers from the questionnaire, *How Healthy Is Your Lifestyle* (Activity 1), answer the following questions:

What are some of your healthy behaviors?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

What are some of your unhealthy behaviors?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Name one unhealthy behavior you would like to change. __________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
ACTIVITY 3:

Develop a Personal Health Goal

One way to improve your health is to set a health goal for yourself. You can do this by using the following 3 steps. Be sure to get help with this activity.

**Step 1.** Below, write the goal you would like to work on. You can do this with the help of a family member, your teacher, or other adult.

**Step 2.** Describe how you will achieve this goal.

**Step 3.** Indicate how you will record your progress. You can record your progress on the calendar on page 14 or the graph on page 15. The recording of your goal progress should be done with assistance.

---

**My Personal Health Goal**

**Select one health area:**

- [ ] Nutrition  - [ ] Weight loss  - [ ] Exercise  - [ ] Other  _______________

1. My Personal Health Goal

2. How will the goal be achieved?

3. How and where will progress be recorded?

4. Who will assist you in goal follow-through?
HOME ACTIVITY:

Be a Health Advocate

Being an advocate means speaking up for what you want or believe in. An advocate who believes in good health habits is called a health advocate. Healthy behavior includes eating the right foods, getting enough exercise, and making healthy life choices.

Q: Name one way you advocate for your health:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Test Your Health Knowledge

Which of the following does a health advocate do?

a) Speaks up about having healthy food during meals and snacks

b) Stays healthy with proper nutrition and exercise

c) Talks to a doctor about health

d) All of these things
Food Preferences

Foods I Like to Eat

Foods I Don’t Like to Eat

Foods I Think Are Healthy

The Food Guide Pyramid

Activity 1: Name the Food Groups

Activity 2: Crossword Puzzle: Why Do We Eat Certain Foods?

Activity 3: Which Food Belongs in Each Food Group?

Home Activity: Find the Food in Each Food Group

Test Your Health Knowledge

Health Notes
Foods I Like to Eat

Circle all the foods you like.
Foods I Don’t Like to Eat

Circle all the foods you don’t like.
Foods I Think Are Healthy

Circle all the foods that you think are healthy.