

Career and Life Management

Module 1

Personal Choices

ASSIGNMENT BOOKLET 1B

FOR TEACHER'S USE ONLY

Summary

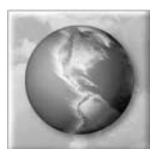
	Total Possible Marks	Your Mark
Section 2 Assignment	85	
Final Module Assignment	15	
	100	

Teacher's Comments

Career and Life Management
 Module 1: Personal Choices
 Assignment Booklet 1B
 Section 2 Assignment and Final Module Assignment
 ISBN 978-0-7741-2876-6

Alberta Education acknowledges with appreciation the Alberta Distance Learning Centre and Pembina Hills Regional Division No. 7 for their review of this Assignment Booklet.

This document is intended for	
Students	✓
Teachers	✓
Administrators	
Home Instructors	
General Public	
Other	



You may find the following Internet sites useful:

- Alberta Education, <http://www.education.gov.ab.ca>
- Learning Resources Centre, <http://www.lrc.education.gov.ab.ca>
- Tools4Teachers, <http://www.tools4teachers.ca>

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ASSIGNMENT BOOKLET 1B
CAREER AND LIFE MANAGEMENT: MODULE 1
SECTION 2 ASSIGNMENT AND FINAL MODULE ASSIGNMENT

This Assignment Booklet is worth 100 marks out of a total of 200 marks for the assignments in Module 1. The value of each question is stated in the left margin.

Read all parts of your assignment carefully and record your answers in the appropriate places. If you have difficulty with an assignment, go back to your Student Module Booklet and review the appropriate lesson. Be sure to proofread your answers carefully before submitting your Assignment Booklet.

You can use a computer and word-processing program for many of these assignments. If you use a computer, be sure to attach a printed copy that has been proofread and is readable. Include your name, course name and assignment number on each page.

85

Section 2: Making Lifestyle Choices

1. In Lesson 1 you examined two of the tools for making healthy food choices—*Eating Well with Canada's Food Guide* and food labels. You discovered some facts about serving sizes, calories, sugar, fat, sodium, and water.

6

- a. What are your current food choices? In the following chart list the food and beverage choices that you made during the last three days. If you don't remember your food and beverage choices, complete the chart using what you typically might eat on each of the three days.

Time	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner			
Snacks			

2. Marabelle wants to make the healthiest food choice possible from each of the following selections. What should she choose?

4

a. **Roast Chicken**

Nutrition Facts	
Serving Size 140g	
Amount Per Serving	
Calories 231	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	7%
Trans Fat	
Cholesterol 119mg	40%
Sodium 104mg	4%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Sugars 0g	
Protein 43g	
Vitamin A 1%	Vitamin C 0%
Calcium 2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fried Chicken

Nutrition Facts	
Serving Size 140g	
Amount Per Serving	
Calories 364	Calories from Fat 167
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 5g	25%
Trans Fat	
Cholesterol 119mg	40%
Sodium 385mg	16%
Total Carbohydrate 13g	4%
Dietary Fibre 0g	2%
Sugars 0g	
Protein 35g	
Vitamin A 2%	Vitamin C 0%
Calcium 3%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The healthiest choice from the selection is

Why?

4

b. **French Fries**

Nutrition Facts	
Serving Size 113g	
Amount Per Serving	
Calories 311	Calories from Fat 116
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	16%
Trans Fat	
Cholesterol 0mg	0%
Sodium 464mg	19%
Total Carbohydrate 44g	15%
Dietary Fibre 4g	17%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 33%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Rice (butter added)

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories 101	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 21g	7%
Dietary Fibre 2g	7%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The healthiest choice from the selection is

Why?

4

c. **Caesar Salad**

Nutrition Facts	
Serving Size 99g	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 3g	13%
Trans Fat	
Cholesterol 15mg	5%
Sodium 250mg	10%
Total Carbohydrate 2g	1%
Dietary Fibre 1g	4%
Sugars 1g	
Protein 7g	
Vitamin A 45%	Vitamin C 35%
Calcium 15%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Coleslaw (with dressing)

Nutrition Facts	
Serving Size 113g	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 13g	15%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 8mg	3%
Sodium 284mg	6%
Total Carbohydrate 26g	7%
Dietary Fibre 3g	8%
Sugars 16g	
Protein 1g	
Vitamin A 50%	Vitamin C 40%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The healthiest choice from the selection is

Why?

When you have completed question 2, continue where you left off on page 88 of the Student Module Booklet.

3. In Lesson 2 you explored how fitness and exercise are health-enhancing choices.

③

a. Use the following chart to describe your physical activities during three days.

	Day 1	Day 2	Day 3
Physical Activities			

③

b. Which of the physical activities that you listed in question 3.a. are endurance activities? Which are flexibility activities? Which are strength activities?

④

c. Reflect on your activity choices. Would you rate your activity level as sedentary, low active, active, or very active? Give reasons to support the rating.

4

- d. Describe **two** examples of ways in which you can increase your daily activity levels.

When you have completed question 3, continue where you left off on page 96 of the Student Module Booklet.

- 4. In Lesson 3 you examined stress management. You explored positive and negative stress, the relationship between change and stress, and healthy and unhealthy ways to deal with stress.

6

- a. Explain how stress can be both positive and negative. In your explanation, provide **one** example of positive stress (eustress) and **one** example of negative stress (distress).

②

- b. Loy’s family will be moving to another city in two months, at the end of his grade 10 year. He is stressed about changing schools and leaving behind friends. Give Loy **two** suggestions to help ease his stress.

②

- c. Reena is feeling stressed. Her mother is ill and Reena has had to take on extra tasks at home. She already has a busy schedule with school, sports, and band. She also works part time on Saturdays. Give Reena **two** suggestions to help ease her stress.

2

- 5. After her parents' divorce, Kaitlyn decided that she would not go to college. She decided college attendance would be too difficult for her to handle at this time. Over her parents' objections, she withdrew her college application and applied for work in her town. By the time autumn arrived, Kaitlyn had recovered a great deal from her family loss and realized that she would like to attend college. However, registration in her program of studies is now full.

Why is it often difficult to make wise life decisions during a period of grieving?

5

- 6. a. Friends have noticed that Shasta seems to be depressed. They worry she is suicidal. What should Shasta's friends do?

5

- b. Ravi has been having problems both at home and at school. He reacts to his stress with violent outbursts of anger. Give Ravi advice on how to deal with his anger.

When you have completed question 6, continue where you left off on page 116 of the Student Module Booklet.

- 7. In Lesson 4 you explored the issues of drug use and abuse. You investigated the effects of alcohol on the body.

2

- a. There is a saying “A pregnant woman never drinks alone.” Explain the meaning of this statement.

3

- b. What are the consequences of a pregnant woman consuming alcohol?

12

8. Complete **one** of the following activities. Attach the finished product to Assignment Booklet 1B. Label your work with the following information:

- your name and student number, if applicable
- CALM Module 1: Assignment Booklet 1B; Section 2, question 8

a. Design a pamphlet to convey your message about the dangers of substance abuse—tobacco, alcohol, or drugs. **Note:** Before you begin examine a variety of pamphlets to get a sense of the style and format of this type of message.

Your pamphlet will be assessed according to the following criteria.

Assessment Criteria for Question 8: Pamphlet	
<ul style="list-style-type: none"> • The pamphlet has a strong visual impact. • The message is clear and effective. • The details are appropriate and appealing. • The text has been carefully selected. • Audience, tone, and purpose have been considered. • The writing has been edited to eliminate errors in spelling, grammar, capitalization, sentence structure, and punctuation. 	12 marks

b. Write a letter to the editor of your local newspaper making a persuasive argument about one of the issues related to substance abuse—tobacco, alcohol, or drugs. **Note:** Before you begin, read a variety of letters to the editor published in newspapers or magazines to get a sense of the style and format of this type of persuasive writing.

Your letter will be assessed according to the following criteria.

Assessment Criteria for Question 8: Letter to the Editor	
<ul style="list-style-type: none"> • The ideas are thoughtful and persuasive. • Supporting details are appropriate and relevant. • The ideas flow smoothly and clearly. • The language used is correct and effective. • Audience, tone, and purpose have been considered. • The writing has been edited to eliminate errors in spelling, grammar, capitalization, sentence structure, and punctuation. 	12 marks

When you have completed question 8, continue where you left off on page 139 of the Student Module Booklet.

15

Final Module Assignment

In this module you have examined the multidimensional nature of health, and you explored several health-enhancing and health-risking choices.

In this assignment you will create a personal health action plan. First, identify one aspect of your personal health that you would like to focus on. For example, maybe you want to become more physically active or eat better. Maybe you want to work on your self-esteem or develop healthier relationships. Then set a realistic goal and complete the chart on the following page to explain how you will reach this goal.

Use the following checklist to ensure your action plan is effective.

• I have clearly identified my goal for change.	
• I have applied knowledge learned about health-enhancing behaviours and actions that are suitable for my goal.	
• My action plan provides clear “I will” statements for substituting negative choices and habits with positive choices and habits.	
• I have clearly explained how the suggested actions will affect my health and well-being, i.e., benefits and barriers to achieving my goal. (Consider the connections to physical, emotional, and social health.)	
• My action plan is focused, reasonable, and achievable.	

a. My Goal: _____

<p>b. Steps I will take to reach this goal</p>	
<p>c. Benefits I will get from meeting this goal</p>	
<p>d. Barriers that might get in the way of my goal</p>	
<p>e. Resources I can use to help me meet my goal</p>	

When you have completed the Final Module Assignment, submit Assignment Booklet 1B to your teacher and then begin working on Module 2.

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