

NEW START Health Secondary Students Answers

Unit 1 Getting the right balance

1. T
2. T
3. F
4. F
5. F
6. T
7. T
8. F
9. F
10. T
11. high
12. fish oil, olive oil, foods containing omega 3 and 6
13. protein
14. meat, fish, eggs, dairy products, nuts, seeds, lentils (legumes)
15. fruit, vegetables, grains, legumes
16. energy
17. diseases
18. b
19. c
20. a

Unit 2 Digestion, diets and addictive foods

1. F
2. F
3. T
4. T
5. F
6. F
7. F
8. rise
9. minerals
10. chew
11. cancer, diabetes, heart disease
12. tired, exhausted
13. cola drinks

14. rest; complete the digestion
15. fruits
16. depressed, sad, unhappy, worried
17. sugar, white flour products
18. vegetables
19. b
20. a

Unit 3 Exercise

1. T
2. F
3. F
4. running, walking, aerobics, swimming
5. weight-bearing exercises like weight-lifting, push-ups, digging, gymnastics,
6. disease
7. best
8. c
9. a
10. c

Unit 4 Water

1. F
2. T
3. T
4. acid/acidic
5. 6 - 8
6. digestion
7. dehydration
8. b
9. c
10. a

Unit 6 Food additives and household toxins

1. F
2. F
3. T
4. T
5. T
6. T
7. T
8. F
9. T
10. T
11. F
12. F
13. wheat, gluten, dairy
14. salty processed foods, packet soups, savory snacks, some take-away food
15. bi-carb soda, vinegar
16. swat
17. hyperactivity
18. c
19. a
20. b

Unit 7

1. F
2. T
3. T
4. F
5. T

Unit 8

No test

Unit 9 Rest and sleep

1. T
2. T
3. F
4. T
5. T
6. relaxed
7. 9
8. 10

Unit 10

No test