

Unit Review

Information for Students:

The Health Unit that we have been working on has been on the topic of *Substance Use, Addictions, and Related Behaviours*. Today we will review the important information from this unit.

Activity:

Use your the information available on this website from previous Health lessons, and your own work from the assigned learning tasks to respond to the questions below.

Review Questions:

1. Color the LEGAL substances green, the SOMETIMES LEGAL substances yellow, and the ILLEGAL substances red.

Medicine that a doctor can prescribe to you	Energy drinks	Alcohol
Cough medicine that you can buy at the store	Sports drinks	Substances that are against the law to buy or use
cigarettes	Coca cola	_____

2. *Think about what you know about how having too much caffeine or sugar can effect our bodies, and then complete the sentences below:*

Too much caffeine can make people feel nervous, like you cannot sit still. It could give you a stomach ache or headache. And it could cause people to become addicted and feel like they need to have it all the time.

If you feel thirsty, the best choice of drink is water because there is no sugar, caffeine or salt in it.

3. **Dependent behaviours are unhealthy. A behaviour becomes a dependent**

behaviour when **someone does something too much or too often so that it is not good for their Health.**