

Grade 8 Life Orientation Worksheet

Modern medicine

Activity 1: Passage about modern medicine and questions

Read the following article.

MODERN MEDICINE

<http://www.modernmedicine.com/modernmedicine/Modern+Medicine+Now/Healthy-Lifestyle-Helps-Prevent-Chronic-Diseases/ArticleNewsFeed/Article/detail/619073?contextCategoryId=40131>

Healthy Lifestyle Helps Prevent Chronic Diseases

Adherence to four simple behaviours decreases risk of diabetes, heart attack, stroke and cancer

Published date: Aug 13, 2009

THURSDAY, Aug. 13 (Health Day News) -- Patients who practice four simple lifestyle behaviours -- never smoking, maintaining a body mass index lower than 30, engaging in at least 3.5 hours per week of physical activity, and consuming a diet rich in fruits, vegetables, and whole grains -- can significantly decrease their risk of chronic diseases, according to a study in the Aug. 10/24 issue of the *Archives of Internal Medicine*.

Earl S. Ford, M.D., of the U.S. Centre for Disease Control and Prevention in Atlanta, and colleagues followed 23,153 Germans, ages 35 to 65 years, for a mean of 7.8 years, during which 2,006 subjects developed new-onset diabetes, heart attack, stroke or cancer.

Compared to subjects who engaged in none of the healthy behaviours, the researchers found that those who engaged in all four had a 78 per cent decreased risk of developing a chronic disease. A healthy lifestyle was associated with dramatically reduced risks of diabetes and heart attack (93 and 81 per cent, respectively) and significantly decreased risks of stroke and cancer (50 and 36 per cent, respectively).

"Our results and those of others emphasise the importance and urgency of continuing vigorous efforts to convince people to adopt healthy lifestyles," the authors conclude. "Because the roots of these factors often originate during the formative stages of life, it is especially important to start early in teaching the important lessons concerning healthy living."

Grade 8 Life Orientation Worksheet

Now answer the following questions using your own words.

1. According to this article, what are the four simple lifestyle behaviours that, if followed, can significantly decrease the risk of chronic diseases? [4]
2. What diseases are commonly linked to an unhealthy lifestyle – name four? [4]
3. Why, in your opinion, is it important to live a healthy lifestyle? [3]
4. What do you think a healthy lifestyle is? [4]
5. What changes could you make to your own lifestyle to improve your health now and into old age? [5]

Total marks: 20

Activity 2: Research into the dangers of smoking – speech

Your teacher will give you time to conduct research into the dangers of smoking in terms of your health and the health of those around you. Once you have completed your research you will present your findings in the form of an oral presentation. Your presentation should be about 5 to 7 minutes long and may include visual support material such as pictures and props. Try not to read your speech. Rather use cue cards. Your teacher will assess your speech using the following rubric.

| Criteria | Level 4 | Level 3 | Level 2 | Level 1 |
|--|--|---|---|--|
| Content [10 marks] | Excellent. Original and interesting content. Creative and captivating. Content well organised & researched. [8 – 10] | Informative and sufficient to achieve purpose. There is evidence of research. [5 – 7] | Some information contained. A little research noted. [3, 4] | Flow of ideas is difficult to follow. Little evidence of research. [1, 2] |
| Register, tone and body language [5 marks] | Excellent voice control. Good use of pause. Unobtrusive use of notes. Makes eye contact with audience. [5] | Good self-confidence. Some variation in tone of voice. Some attempt to make eye contact. [3, 4] | More confidence needed. More variation in tone and pace needed. Little eye contact. [2] | Not confident. Little variation in tone of voice. Depends too much on notes. Little or no eye contact. [1] |
| Language and vocabulary | Wide range of vocabulary used. Very few | Vocabulary is sufficient for task. Some | Vocabulary insufficient for purpose. | Limited vocabulary. A number of |

Grade 8 Life Orientation Worksheet

| [5 marks] | language errors. [5] | minor language errors. [3, 4] | Several language errors. [2] | major language errors. [1] |
|--------------------------|---|--|---|---|
| Fluency [5 marks] | Confident and effective. A skilful and fluent speaker. Props used well. [5] | One or two lapses in delivery, but otherwise fluent. Some props used. [3, 4] | Several lapses in delivery. Not confident enough. [2] | Cannot sustain ideas in a flowing way. No props used. [1] |

Grade 8 Life Orientation Worksheet

Suggested Solutions

| Question number | Possible marks | Solution |
|-----------------|----------------|--|
| 1.1 | 4 | Never smoking, maintaining a body mass index lower than 30, engaging in at least 3.5 hours per week of physical activity, and consuming a diet rich in fruits, vegetables, and whole grains. |
| 1.2 | 4 | Diabetes, heart attack, stroke and cancer |
| 1.3 | 3 | Own opinion. |
| 1.4 | 4 | Own opinion. |
| 1.5 | 5 | Own opinion. |
| Total for 1 | 20 | |
| 2 | 25 | See rubric in Appendix of Assessment Tools. |

Appendix of assessment tools

Rubric to assess speech

| Criteria | Level 4 | Level 3 | Level 2 | Level 1 |
|--|--|---|---|--|
| Content [10 marks] | Excellent. Original and interesting content. Creative and captivating. Content well organised & researched. [8 – 10] | Informative and sufficient to achieve purpose. There is evidence of research. [5 – 7] | Some information contained. A little research noted. [3, 4] | Flow of ideas is difficult to follow. Little evidence of research. [1, 2] |
| Register, tone and body language [5 marks] | Excellent voice control. Good use of pause. Unobtrusive use of notes. Makes eye contact with audience. [5] | Good self-confidence. Some variation in tone of voice. Some attempt to make eye contact. [3, 4] | More confidence needed. More variation in tone and pace needed. Little eye contact. [2] | Not confident. Little variation in tone of voice. Depends too much on notes. Little or no eye contact. [1] |
| Language and vocabulary | Wide range of vocabulary | Vocabulary is sufficient for | Vocabulary insufficient for | Limited vocabulary. A |

Grade 8 Life Orientation Worksheet

| | | | | |
|--------------------------|---|--|---|---|
| [5 marks] | used. Very few language errors. [5] | task. Some minor language errors. [3, 4] | purpose. Several language errors. [2] | number of major language errors. [1] |
| Fluency [5 marks] | Confident and effective. A skilful and fluent speaker. Props used well. [5] | One or two lapses in delivery, but otherwise fluent. Some props used. [3, 4] | Several lapses in delivery. Not confident enough. [2] | Cannot sustain ideas in a flowing way. No props used. [1] |