

Follow-up Resources for Teachers

Quiz

Discuss the following questions based on the Health Action programme either as a class or in small groups.

1. What are some of the main things you can remember about the Health Action programme?
2. What percentage of cancers can be prevented?
80% (through not smoking, eating healthy food, not drinking excessively and being active).
3. What sort of foods can we eat to help prevent cancer?
More fruit and veg, more high fibre carbohydrates, less high fat foods, less processed food.
4. Have you changed anything you eat or drink as a result of the programme?
5. What puts you at greater risk of developing skin cancer?
People with fair skin who burn easily are more prone to skin cancer, getting sunburnt, using a sunbed.
6. What number of Sun Protection Factor sunscreen should you wear?
15 or above.
7. Would you consider changing your attitudes to sunbathing as a result of the programme?
8. What damage does smoking do to the body?
Increase risk of cancer (particularly lung cancer), heart disease, circulation problems, breathing difficulties, and many more!
9. How do you feel about smoking now?
10. How many daily units of alcohol is it safe for an adult to drink?
Men – 3-4 units, Women – 2-3 units.
11. How much exercise is recommended for young people?
1 hour most days of the week.
12. Have you discussed any of the issues in the Health Action programme with family or friends?

Design a leaflet

Get the students to design a health promotion leaflet based on one or more of the topics covered in the Health Action programme, e.g. *healthy eating, care in the sun, anti-smoking, moderate alcohol drinking, regular exercise.*