

Assessment & Portfolio Guide

Lesson 7: Learn How to Handle Stress



How can you control your body reactions to handle stress in a healthy way?

Lesson 8: Learn to Use Stress Reduction Techniques



When would you use the seven steps for handling stress called **LETT-IT-BE?**

Lesson 9: Learn How to Maintain a Healthy Diet



Do you eat a well balanced diet? If not, what could you change to have a more healthy diet?

Lesson 10: Learn About Food Groups and Labels



How can you change your favorite fast food lunch to have fewer calories?

Lesson 11: Learn How to Maintain Your Weight



What is your ideal body weight? What can you do to achieve and maintain it?