



**NORTHCLIFF HIGH SCHOOL  
LIFE ORIENTATION  
GRADE 8**

**Healthy Living**

As seen in your notes, a healthy body is essential to living a balanced lifestyle. A balanced lifestyle refers to the way we live that should have positive long-term benefits for our bodies.



**Watch the following short videos on healthy living and discuss the questions that follow:**

<https://www.youtube.com/watch?v=xyQY8a-ng6g>

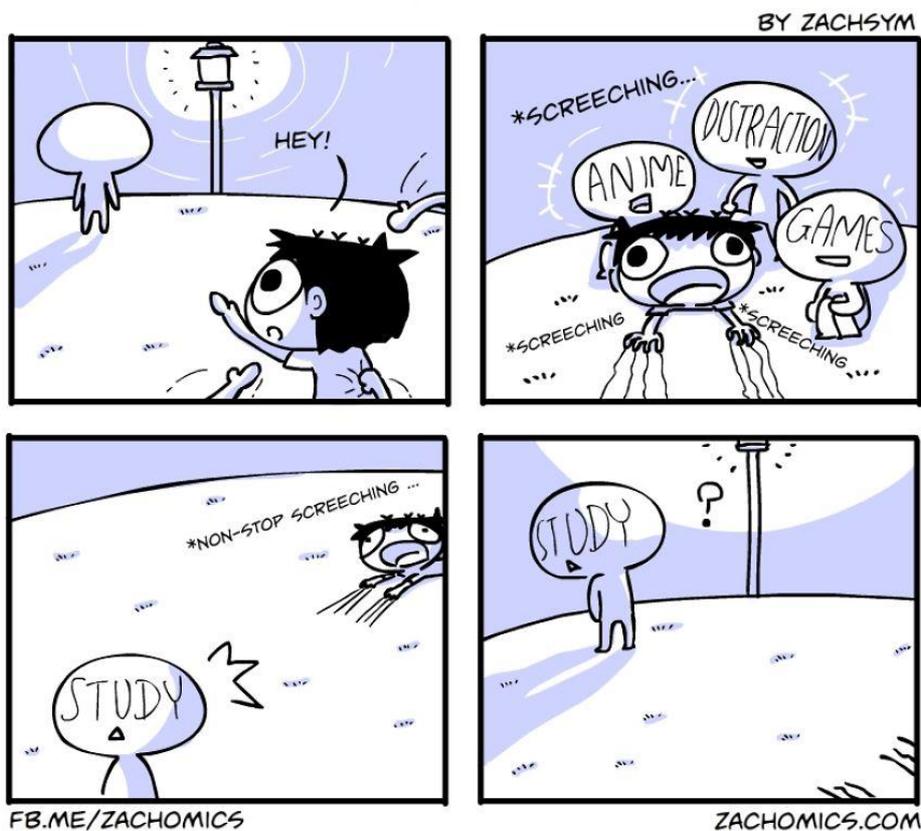
<https://www.youtube.com/watch?v=IEXBxijQREo>

1. Explain healthy living.
2. Bread, pasta and pretzels are processed foods. Explain why processed foods are not good for you.
3. Explain the difference between good fats and bad fats.
4. Provide two examples of bad fats.
5. List any two good eating habits and explain why they are good for you.
6. Discuss the effects of sugar, and why we should have it in moderation.

## How to study?

**Studying** is when you devote time and attention to gaining knowledge and committing information to memory. But this can be tricky, as we live in a world full of distractions. A **distraction** is something that prevents you from concentrating and working through something you are meant to be doing. If we don't work in a way that makes information easier for us to understand and remember, we are more likely to be distracted. Therefore it is important to become self-aware in terms of how we understand and process information, and we should use this in our approach to studying. In other words, we should be aware of what type of learning style we have, also known as our **type of intelligence**.

### DISTRACTIONS



Watch the following short video on the different human intelligences and discuss the questions that follow:

<https://www.youtube.com/watch?v=uUOxUeCdVV8&t=191s>

1. What are your biggest distractions?
2. Do you know the difference between being distracted and procrastinating?
3. What type of intelligence do you feel you are? Why do you think this?