

Grade 8 Life Orientation Worksheet

Unhealthy lifestyles

Case study about unhealthy lifestyle

Read the following case study.

Thembi is a 16-year-old and weighs 120kg. Thembi suffers from a condition known as obesity, which means that her body has too much body fat. She has been overweight for many years and suffers from arthritis of her knees. Thembi is often depressed.

On the weekends, Thembi visits with her friends and often drinks alcohol, because she feels that it helps to relax her in a social situation. She is self-conscious about being so overweight. Recently Thembi has begun smoking because many of her friends do. It makes her feel as though she fits in.

Thembi spends a lot of time reading and watching television. She loves junk food and often eats crisps and chocolates while watching movies. She is not involved in any school sport or extra-mural activities.

Recently Thembi has been diagnosed with Type 2 diabetes and has been advised to lose weight and develop a healthy living plan. If Thembi does not give serious attention to her obesity, she runs the risk of developing further chronic illnesses.

Questions

1. What chronic illnesses could Thembi develop because of her lifestyle? [3]
2. What is it about Thembi's lifestyle that could cause her to develop chronic disease? [3]
3. What other health and personal problems could Thembi face? [2]
4. Why do you think that Thembi often feels depressed? [2]
5. What changes do you think Thembi should make to her lifestyle in order to improve her health? [3]
6. What would you advise Thembi to snack on instead of crisps and chocolates? [2]

Total marks: 15

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Suggested Solutions

Question number	Possible marks	Solution
1	3	Diabetes, heart disease, cancer
2	3	Poor diet, smoking, no exercise
3	2	Chronic depression, alcoholism and even drug abuse if Thembi is turning to substances to help her through social events.
4	2	Own answer.
5	3	Own answer.
6	2	Own answer. (Carrot sticks, celery sticks, fruit, etc.)
Total marks: 15		