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Activity 2

Test your nutrition, fitness and health knowledge





Ecological Thinking!

Think before printing any dissemination material if it is necessary. In case something needs to be printed, it is worth thinking about where to print it (e.g., local print shop, eco friendly online print shop, etc.), on what kind of paper (e.g., recycled paper, grass paper, other alternatives to usual white paper) and with what kind of colors.

Let's protect our environment!



Activity 2

Domain	e-health
Topic Covered	Test your nutrition, fitness and health knowledge
Learning Outcomes and Competences that can be acquired	<ul style="list-style-type: none"> ● Assess their understanding of nutrition, fitness, and health concepts. ● Identify areas of strength and areas for improvement in their knowledge. ● Develop competences in nutrition literacy, fitness and e-health services knowledge, and critical thinking.
Duration	40 minutes approx.
Kind of Method	<ul style="list-style-type: none"> ● non-formal education ● individual or group test
Required Materials	<ul style="list-style-type: none"> ● laptop/mobile phone ● projector ● papers/pens ● whiteboard ● Quiz questions
Learning and Setting and Activity Description	<ol style="list-style-type: none"> 1. The educator introduces the topic of e-health by presenting the slides 10 - 25 of the presentation. 2. After completing the presentation, the educator invites the learners to complete a test to test their nutrition, fitness and health knowledge. 3. Educators introduce the purpose of the activity: to assess their knowledge on nutrition, fitness, and health, and they also explain the significance of having accurate knowledge in these areas for making informed decisions about one's well-being. 4. The learners go through the presentation slides and try to understand the concept of e-health in order to complete the test. 5. The learners must note that not all questions are related to the slides of the presentation but, meaning some questions are based on their own nutrition and fitness levels. The other questions are based on the presentation. 6. The learners must take the test and try to complete as many answers as they can.
Activity Evaluation/ Reflection	<p>Do you think managing our health online is important? Why?</p> <p>How useful do you find health online services?</p>
Supporting materials	<p>Presentation: https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link</p>



Activity 1 – Test your Nutrition, Fitness and Health knowledge

1. **Which activity takes the most energy?**
 - 30 minutes of gardening
 - 30 minutes of Pilates
 - 30 minutes of gentle walking
 - All of the above. They are equal

2. **Which of the following apps helps track daily health care?**
 - Apple+ Fitness
 - Apple Health
 - My Fitness Pal
 - Rimidi App
 - Medical ID App
 - All of the above

3. **Wearable Health Technology such as smart watches, clothing, glasses, hats, bracelets, etc., can:**
 - Track vital signs, from heart rate and blood pressure to steps taken and burned calories.
 - Manage blood sugar levels for people with diabetes.
 - Monitor and collect information on our health and physical condition.
 - All of the above.
 - None of the above.

4. **Using electronic portable devices and smartphones allows patients to book or reschedule online appointments with their healthcare providers.**
 - True
 - False

5. **Contacting a health provider via telephone allow patients to receive medical consultations through video or voice calls, avoiding the need for an in-person visit.**
 - True
 - False

6. **Sensors and wearables help with monitoring my health status and share the data with my healthcare provider.**
 - True
 - False

7. **Managing medication via electronic portable devices and smartphones means that I can remind and alert myself to take medications, order refills, and track my medication history.**
 - True
 - False

8. **Fitness and wellness apps offer an opportunity to track my progress, personalized exercise and nutrition programs and support me to maintain healthy habits.**
 - True
 - False



9. **Using wearable technologies while exercising can help you count steps, track heart rate, calories, blood pressure and respiratory rate.**
- True
 - False
10. **When should you use eHealth services?**
- when you want information about your medical history.
 - when you want to contact a doctor.
 - when you want to book an online appointment with a doctor.
 - when you want to check the medication recommended by your doctor.
 - when you want to look up information about an illness or symptom.
 - All of the above.





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