**Summer Term Healthy Living 1**

Answer Sheet – Exploring the effects of drugs, alcohol and smoking.

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| Substance | Mental Effects of Substance Abuse | Physical Effects of Substance Abuse |
| Alcohol |  |  |
| Smoking |  |  |
| Drugs |  |  |

Task 1: Write down 10 things you have done in the past 24 hours which could affect your **physical** health (long/short term).

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| Activity | Short Term Effect | Long Term Effect |
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Task 2: Write down 10 things you have done in the past 24 hours which could affect your **mental** health (long/short term).

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| Activity | Long Term Effect | Short Term Effect |
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**Please note: Tasks 3, 4 and 6 can be completed using the PowerPoint presentation.**

Task 5: Is there a link between our physical and mental health?

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Task 7: Why is a balanced diet important for both physical and mental health?

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