Teacher Answer Key

Case Study

1. Eva set a regular bedtime, prepped healthier meals, and scheduled exercise and study times.

2. She experienced fewer headaches, better focus, stable emotions, and improved academic performance.

Multiple Choice

1. D

2. C

3. B

Matching

1-D, 2-A, 3-E, 4-C, 5-B

Fill-in-the-Blank

1) sleep, 2) exercise, 3) structured

Short Answer (Sample Responses)

Q1: Busy schedules and peer pressure might distract them, but monitoring energy levels and academic performance can highlight the need for change.

Q2: It sets the stage for long-term habits, reducing risks of obesity, heart issues, and mental health crises in adulthood.

Q3: Slip-ups are natural; teens should learn from mistakes and quickly return to their healthy routines to keep progressing.