

Chapter 1**Vocabulary**

health
wellness
prevention
health education
Healthy People 2010

health literacy
heredity
environment
peers
culture

media
risk behaviors
cumulative risks
abstinence

Directions: Use the clues to solve the puzzle. Write one letter of each answer in each space provided. Then copy the boxed letters in order, and they will complete the sentence at the bottom of the page.

- The collective beliefs, customs, and behaviors of a group
- The sum of your surroundings
- Practicing health and safety habits to remain free from disease and injury
- All the traits that were biologically passed on to you from your parents
- Actions that can potentially threaten your health or the health of others
- An overall state of well-being, or total health
- Planned learning experiences that help people make healthy choices
- Related risks that increase in effect with each added risk
- All forms of mass communication

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Your health at any given moment is a point along a(n)

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Activity 1**Applying Health Skills**

FOR USE WITH CHAPTER 1, LESSON 1

Choices Make the Difference

Directions: Read the following health situations and, using the information in your textbook as a guide, offer suggestions that would make a positive impact on the person's health.

1. Jim plays computer games to the exclusion of all physical activities. Lately, he's allowed his game playing time to cut into his sleep time. He's also eating his favorite snacks, usually chips and various types of cookies, while he plays. His friends complain that they never see him anymore.

Health suggestions: _____

2. Audra recently moved and is attending a new school. In an effort to be accepted, she's been on a crash diet, hoping that being very thin will help her make friends. She was invited to join a group of kids known for having wild parties with alcohol and marijuana available. Audra is starting to think that hanging out with them would be better than doing nothing at all.

Health suggestions: _____

3. LeBron has his sights set on getting a football scholarship to college. To prepare for the season, he's been working out twice a day during the summer. He also has a part-time job, leaving him little free time. Because LeBron is on such a tight schedule, he's been eating two of his daily meals at the fast food place. He gets home late and finds himself too wound up to sleep.

Health suggestions: _____

Activity 2**Applying Health Skills**

FOR USE WITH CHAPTER 1, LESSON 2

Where to Get Help

Directions: Health is composed of three elements: physical, mental/emotional, and social. Problems in the different areas are often the responsibility of different types of professionals. For example, a nurse can be responsible for physical health problems, a guidance counselor for mental/emotional problems, and a vice-principal for social problems. Your job is to schedule student appointments with the school nurse, guidance counselor, and vice-principal. For each of the following cases, decide which professional(s) the student(s) should see and explain why. More than one professional may be relevant in each case.

1. A 15-year-old boy has come to the office complaining of a stomachache. He has a math test during the next class period. You have noticed that he comes to the office with a stomachache every time he has a math test.

2. A ninth-grade girl wants to talk with someone because she is having a hard time catching up with her schoolwork after missing a week of school for her grandmother's funeral.

3. Two tenth-grade boys have been sent to the office for fighting. They have minor injuries and appear to be very angry. Both have been in fights before.

4. A ninth grader is unhappy about her weight problem. She says she is sick of being teased by the other kids.

Activity 3**Applying Health Skills**

FOR USE WITH CHAPTER 1, LESSON 3

Risky Behaviors

Directions: Read the following excerpts from journal entries written by teens. In each case, identify behaviors that are health risks. Then, rewrite each excerpt to eliminate the health risks and reflect a healthier lifestyle.

1. Devon picked me up after school today in his dad's car. It's an antique from the 1950s and doesn't even have safety belts! Devon drives really fast, but other than that he's a good driver.

Health Risks _____

Your Rewrite _____

2. We stopped at Hamburger Haven for lunch on the way home from shopping and ordered the jumbo shakes, burgers, and fries. After lunch, Tiara wanted me to go for a walk with her, but I was too tired from all the shopping. I took a nap instead.

Health Risks _____

Your Rewrite _____

3. I have finally been invited to a party at Nick's house. He's the most popular guy in school and has really cool parties. Everybody there will be drinking beer. I'm going to go, I want to fit in.

Health Risks _____

Your Rewrite _____

Chapter 1

Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later, you can use this guide to review the information in the chapter.

Lesson 1

1. What is health? Why is good health important?

2. Give examples that show why health is dynamic.

3. What is wellness? How is it achieved?

4. List lifestyle factors that promote good health.

Study Guide, Chapter 1 (Continued)

5. Define *prevention* and give two examples of behaviors that help prevent illness or injury.

6. Compare and contrast health education and health literacy.

7. Describe *Healthy People 2010*.

Lesson 2

8. Name the three elements of health in the health triangle.

9. What is physical health? Mental/emotional health? Social health?

Study Guide, Chapter 1 (Continued)

10. Define *heredity* and explain how it influences health.

11. Distinguish between your physical and social environments. Provide an example of a factor in each type of environment.

12. How are attitude and behavior related to health?

13. Give examples to show how technology can lead to better health.

Lesson 3

14. List six categories of teen risk behaviors that have negative effects on health.

Study Guide, Chapter 1 *(Continued)*

15. Use an example to explain cumulative risks.

16. What is abstinence? Identify risk behaviors that are best avoided by practicing abstinence.
