

Chapter 1 Study Guide**STUDY TIPS**

- ✓ Read the chapter objectives.
- ✓ Look up any unfamiliar words.
- ✓ Read the questions below before you read the chapter.

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. List four ways to stay physically healthy.

2. List four ways to stay mentally/emotionally healthy.

3. List four ways to stay socially healthy.

4. Define *self-assessment* and relate it to health.

5. Explain the difference between *health* and *wellness*.

Lesson 2

6. Explain how heredity affects one's health.

7. Explain why it is important to your health to know about your physical surroundings.

8. Name three factors, besides heredity and physical surroundings, that influence your health choices.

Lesson 3

9. List six kinds of consequences that might result from taking unnecessary risks.

10. Give an example of cumulative risks and explain why the risks are cumulative.

11. Compare objective thinking with subjective thinking.

12. How is abstinence related to prevention?

Activity

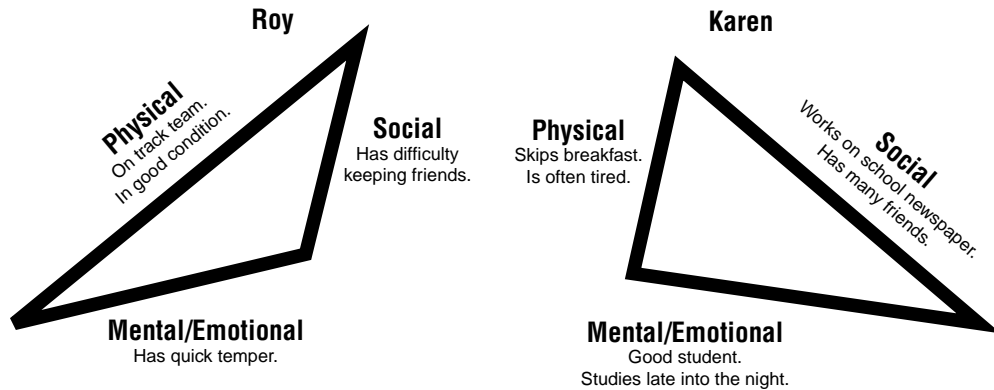
Use with Chapter 1, Lesson 1.

1

Applying Health Skills

Balancing the Health Triangle

Roy and Karen's health triangles are out of balance. Recommend changes that each could make to balance his or her triangle.



Roy

1. Side of Roy's health triangle I would suggest changing first:

2. Benefit of this change:

3. Other changes Roy could make:

Karen

4. Side of Karen's health triangle I would suggest changing first:

5. Benefits of this change:

6. Other changes Karen could make:

Activity

Use with Chapter 1, Lesson 2.

2**Applying Health Skills****Put Your Puzzle Together**

Think of yourself as a one-of-a-kind jigsaw puzzle. The factors that influence your health are the pieces of the puzzle. What does your puzzle look like? Fill in the blanks below. Describe the factors that make you the person you are.

Heredity _____ _____ _____ _____ _____ _____	Physical Surroundings/Environment _____ _____ _____ _____ _____ _____
Family _____ _____ _____ _____ _____ _____	Friends _____ _____ _____ _____ _____ _____
	Media _____ _____ _____ _____

Activity

Use with Chapter 1, Lesson 3.

3**Applying Health Skills****What's the Risk?**

Most activities or actions carry a risk, but all risks are not equal. When there is only a slight chance that something harmful will result from an activity or if the possible harm is minor, the activity can be said to carry a reasonable risk. When there is a good chance that something harmful will result and the possible harm is major, the activity can be said to carry an unreasonable, and unnecessary, risk. Use the chart below to rate the following actions. Write *R* if you think the action is a reasonable risk and *U* if you think the action carries an unreasonable, unnecessary risk. Then replace any unreasonable risk actions with a reasonable action on the line beneath the statement.

Risk Behavior

- _____ 1. Sleep fewer than eight hours one night.

- _____ 2. Skip breakfast one day.

- _____ 3. Lose your temper and pick a fight with a stranger.

- _____ 4. Use illegal drugs.

- _____ 5. Try a harsh "starvation" diet.

- _____ 6. Skip a day of exercising.

- _____ 7. Eat mostly high-fat meals.

- _____ 8. Skateboard without a helmet.

Chapter 1 Health Inventory

What's Healthy? What's Not?

How well do you understand what it means to be healthy? Read each statement below. Write *true* in the space to the left if you think the statement is true. Write *false* if you think it is false.

- _____ 1. The older you become, the more active a role you play in achieving health and wellness.
- _____ 2. Your tendency to get some diseases may be hereditary.
- _____ 3. It is important to evaluate media messages carefully in order to make healthy choices.
- _____ 4. Taking steps to keep something from happening is called *prevention*.
- _____ 5. The best way to achieve wellness is to focus on just one part of the health triangle.
- _____ 6. Health involves every part of your life.
- _____ 7. Your environment may affect your health either positively or negatively.
- _____ 8. Physical health is a more important part of wellness than social or mental/emotional health.
- _____ 9. Being a truthful and dependable friend can improve your wellness.
- _____ 10. Friends, while important, are not a major influence on your health.
- _____ 11. There are outside factors, which you cannot control, that affect your health.
- _____ 12. A hobby can have a positive effect on your mental/emotional wellness.
- _____ 13. Risk behaviors are behaviors that may harm you, but not others.
- _____ 14. Your family's cultural background can affect your health.
- _____ 15. The key to wellness is to lead a totally trouble-free life and to avoid any potential problems.

Score yourself:

Write the number of questions you answered correctly here.

12–15: Excellent—you know the score on health and wellness.

8–11: Fair—your understanding of health is only moderately healthy.

0–7: Poor—you need to learn more about what it means to be healthy.