

**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. Define *health*.

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2. Identify the three sides of the health triangle, and list two aspects of each side.

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3. Why is it important to work on keeping your health triangle balanced?

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4. Explain why wellness is more than just being healthy.

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## Lesson 2

5. Identify three characteristics of adolescence.

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6. Define *hormones*.

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7. List two changes that occur during adolescence for each of the following: physical growth, mental and emotional growth, social growth.

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## Lesson 3

8. Define *lifestyle factors*, and identify three positive lifestyle factors.

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9. Define *risk behavior*.

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10. Explain why abstinence from risk behavior is a wise choice for teens.

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11. List two factors involved in taking responsibility for your health.

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**Activity**

Use with Chapter 1, Lesson 1.

**1**

# Applying Health Skills

## Healthful Habits

Look at the statements below. In the space at the left of each statement, identify the side of the health triangle each behavior belongs to. Write *P* for physical, *M* for mental/emotional, or *S* for social. Then change any unhealthy behavior to a healthful one on the line beneath the statement.

\_\_\_\_\_ 1. going to a football game with friends

\_\_\_\_\_

\_\_\_\_\_ 2. eating plenty of fruits and vegetables

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\_\_\_\_\_ 3. hiding angry feelings

\_\_\_\_\_

\_\_\_\_\_ 4. helping a friend with a problem

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\_\_\_\_\_ 5. showing sadness when someone you care about dies

\_\_\_\_\_

\_\_\_\_\_ 6. staying up late every night

\_\_\_\_\_

\_\_\_\_\_ 7. quitting an activity and arguing when you do not get your way

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\_\_\_\_\_ 8. thinking that there isn't anything you do well

\_\_\_\_\_

**Activity**

Use with Chapter 1, Lesson 2.

**2****Applying Health Skills****Changes During Adolescence**

As individuals reach adolescence, they grow and change in ways that affect all three sides of the health triangle. These changes signal that the person is on the way to becoming an adult. Fill in the blanks below with the types of growth and change that occur during adolescence for each part of the health triangle. One answer has already been given for each of the three areas.

**Physical Growth**

Boys' voices grow deeper.

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**Mental and Emotional Growth**

You are able to solve increasingly complex problems.

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**Social Growth**

Finding new ways to relate to your family.

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**Activity**

Use with Chapter 1, Lesson 3.

**3****Applying Health Skills****Can You Control Your Health?**

Read the following paragraphs about Sara and José. Then answer the questions that follow.

Sara and José are next-door neighbors. Although they have been friends for a long time, they are quite different. José is overweight. He has few friends and spends most of his free time watching television. He also likes computers, and he often stays up very late playing video games and surfing the Internet. José does not smoke, but his parents and some of his friends do. José has made some changes in his diet recently. He is avoiding foods high in salt and fat, and he's eating smaller portions and more fruits and vegetables. José likes to eat at Sara's house because her family is very health conscious and they eat nutritious foods.

Sara is slim. One of the most popular girls in the seventh grade, she has lots of friends. Sara spends much of her time on after-school activities, socializing with friends, practicing the flute, and studying. Despite a busy schedule, she makes sure that she gets at least eight hours of sleep every night. Sara goes bicycling nearly every day. Although she is very health conscious, Sara smokes sometimes, and often she does not wear a seat belt. José, on the other hand, always wears his seat belt because one of his friends was killed in a motor vehicle crash.

1. List one positive lifestyle factor for José and one for Sara.

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2. Identify one risk behavior for José and one for Sara.

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3. List two healthful decisions José has made.

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4. Identify one precaution that José takes and one way that he practices abstinence to avoid serious health problems.

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# Chapter 1 Health Inventory

## A Totally Healthy You

Read the statements below. In the space at the left, write *yes* if the statement describes you, or *no* if it does not describe you.

- \_\_\_\_\_ 1. I seldom feel tired or run-down.
- \_\_\_\_\_ 2. I ask for help when I need it.
- \_\_\_\_\_ 3. I feel comfortable meeting people.
- \_\_\_\_\_ 4. I get at least eight hours of sleep each night.
- \_\_\_\_\_ 5. I can name at least three activities I perform well.
- \_\_\_\_\_ 6. I have at least one or two close friends.
- \_\_\_\_\_ 7. I can accept differences in people.
- \_\_\_\_\_ 8. I do 20 minutes or more of vigorous physical activity at least three times a week.
- \_\_\_\_\_ 9. I can express my feelings to others in healthy ways.
- \_\_\_\_\_ 10. I am happy most of the time.
- \_\_\_\_\_ 11. I can accept constructive criticism.
- \_\_\_\_\_ 12. I can accept other people's ideas and suggestions.
- \_\_\_\_\_ 13. I eat nutritious foods.
- \_\_\_\_\_ 14. I stay within 5 pounds of my appropriate weight range.
- \_\_\_\_\_ 15. I can say no to my friends if they are doing something I don't want to do.

### Score yourself:

Write the number of *yes* answers here.

12–15: Your health practices are very good.

8–11: Your health practices are good.

5–7: Your health practices are fair.

Fewer than 5: You need to make some changes in your life.