

Chapter 1: Health Vocabulary

Name _____

1. _____ - combination of physical, mental/emotional, social well-being (p.4)
2. _____ - a pattern of behavior you follow almost without thinking (p.7)
3. _____ - process of passing traits from parents to child (p.8)
4. _____ - sum total of your surroundings (p.9)
5. _____ - beliefs, customs, behaviors of a group (p.9)
6. _____ - friends and other people in your age group (p.9)
7. _____ - practicing healthy habits to remain free of disease/injury (p.12)
8. _____ - skills that help you become and stay healthy (p.12)
9. _____ - exchanging of ideas and information (p.15)
10. _____ - choices you make (p.16)
11. _____ - the results of your decision (p.16)
12. _____ - the chance of harm or loss (p.16)
13. _____ - beliefs you feel strongly about that guide your behaviors (p.18)
14. _____ - something you hope to accomplish (p.20)

Chapter 1 Lesson Review

Lesson 1:

1. What are two things that show someone has good social health?
2. Identify three positive health habits.
3. Jordan spends most of his time getting together with friends. They play video games and skateboard. He is not doing well in school. What do you think his health triangle would look like?

Lesson 2:

1. What is the media? How does it influence your health?
2. How can your attitude about affect your health in a positive or negative way?
3. Which side of the health triangle do you think is most affected by outside influences?

Lesson 3:

1. Why are health skills important for good health?
2. Pick two health skills and explain how they can influence your health in a positive way.

Lesson 4:

1. What kinds of decisions would the decision-making steps be most helpful?
2. Why is it important to understand the risk before making a decision?