

Chapter 1 Health Vocabulary

Lesson 1:

Health - a combination of physical, mental/emotional, and social well-being

Wellness - a state of well-being, or total health

Habit - a pattern of behavior that you follow almost without thinking

Heredity - the process by which biological parents pass traits to their children

Lesson 2:

Environment - the sum total of your surroundings

Culture - the collected beliefs, customs, and behaviors of a group

Peers - friends and other people in your age group

Media - the various methods of communicating information, including newspapers, magazines, radio, television, and the Internet

Technology - the use of scientific ideas to improve the quality of life

Behavior - the way you act in the many different situations and events in your life

Attitude - what you believe or feel about someone or something

Lesson 3:

Prevention - practicing health and safety habits to remain free of disease and injury

Health skills - skills that help you become and stay healthy

Communication - the clear exchange of ideas and information

Advocate - encourage other people to live healthy lives

Lesson 4:

Decision - a choice that you make

Consequence - a result

Risk - the chance of harm, injury, or loss

Cumulative risk - the addition of one risk factor to another, increasing the chance of harm or loss

Values - beliefs you feel strongly about that help guide the way you live

Lesson 5:

Goal - something you hope to accomplish

Short-term goal - a goal that you plan to accomplish in a short time

Long-term goal - a goal that you hope to achieve within a period of months or years