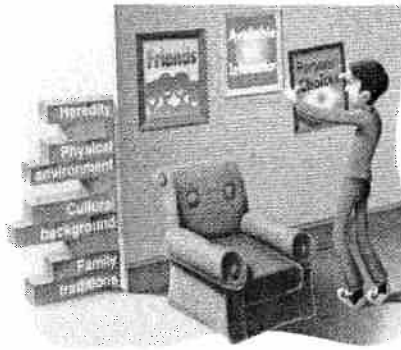


NAME: _____

DATE: _____



Learning About YOUR Health: LESSON 2
WHAT INFLUENCES HEALTH?

Learn about . . .

- How heredity and environment affect your health
- Other factors that influence health
- Understand the importance of evaluating the source influencing your choices

Lesson 1: Review - Use the acronym HEALTH and/or WELLNESS to describe yourself. Label what part of your health triangle is affected. (see board for example)

H	W
E	E
A	L
L	L
T	N
H	E
	S
	S

WHAT INFLUENCES YOUR HEALTH?

I. HEREDITY

Heredity is the **PASSING ON OF TRAITS FROM BIOLOGICAL PARENTS TO CHILDREN.**

a. Examples of traits that are genetically passed on to you are

i. Skin, eye and hair color_____

ii. BODY TYPE AND SIZE

iii. LIKELIHOOD OF GETTING CERTAIN DISEASES

b. Can you change your heredity? NO

c. What can you do? MAKE THE BEST OF IT AND TAKE HEALTHY ACTIONS ON THINGS THAT YOU CAN CONTROL

II. ENVIRONMENT

- a. Your environment is everything that SURROUNDS you.
- b. What are some different examples of your physical environment
 - i. YOUR HOME SCHOOL AND NEIGHBORHOOD
 - ii. The air you breath and the water you drink
 - iii. CLIMATE IN WHICH YOU LIVE
- c. What are two positive examples in your environment that benefit your health?
 - i. _____
 - ii. _____
- d. What are two examples of things that are or could be in your environment that negatively effect your health?
 - i. _____
 - ii. _____
- e. Can you change your environment? YES AND NO
- f. What can you do if you cannot change your environment and it has potential health risks? RECOGNIZE PARTS OF YOUR ENVIRONMENT THAT MIGHT HARM YOUR HEALTH AND TAKE STEPS TO PREVENT OR PROTECT YOUR HEALTH

III. YOUR CHOICES

a. WHO INFLUENCES YOUR CHOICES

i. FAMILY

1. Your family has traditions that influence many aspects of your life.
2. Looking to people you trust like your parents for guidance can help you make healthy decisions.

ii. FRIENDS

1. Influence from friends can be POSITIVE or NEGATIVE
2. Give an example of a positive influence: _____

3. Give an example of a negative influence: _____

iii. MEDIA

Give examples of different “media” that can have an influence on our decisions ___TV, BOOKS, RADIO, COMPUTERS (INTERNET), RADIO, MOVIES, NEWSPAPERS, BILLBOARDS_

1. MEDIA can influence health in positive and negative ways.

a. Give an example of a positive influence _____

b. Give an example of a negative influence _____

2. What does it mean to “evaluate” the source? **_DETERMINE THE QUALITY OF EVERYTHING YOU SEE AND HEAR_**

3. What do you always need to try to remember as the consumer of media messages? **___PRODUCER OF MEDIA HAS PURPOSE (often make \$\$\$\$ or another agenda)_--NOTE=Those purposes are not always bad but remember # 2- EVALUATE MAKE INFORMED CHOICES_____**