

NAME: _____

PD/DAY: _____

UNIT 1: WHAT IS HEALTH? REVIEW SHEET

Chapter 1, LESSON 1 (pgs 4-7)

1. Define the term health _____

2. How can self-assessment help you improve your health? _____

3. What is meant by the term wellness? Use it in an original sentence. _____

4. Reread the descriptions of Carl and Ana on page 4, and suggest way for each of them to improve their health.
 - a. Carl - _____
 - b. Ana - _____

Chapter 1, LESSON 2 (pgs 8-11)

1. Define the terms heredity and environment
 - a. Heredity - _____

 - b. Environment - _____

2. A friend says, "I don't need to know about my family's health history because there's nothing I can do about it anyway." How might you respond? _____

3. What factor has the most influence on your health? Explain. _____

(OVER)

4. In addition to heredity and environment, what other two factors influence your health?

Chapter 2, LESSON 2 (Pgs 31-35)

1. Name three sources from which values develop.

- a. _____
- b. _____
- c. _____

2. What are the four H.E.L.P. criteria?

- a. H - _____
- b. E - _____
- c. L - _____
- d. P - _____

3. Why should you think about values before making a major decision? _____

4. Which of the six steps in the decision-making process do you think is the most important?

Explain your answer. _____
