Learning Objective 8-20-12

**Identify the three areas of health along with how they interconnect with each other.**

**Analyze and differentiate between the different areas that influence health while identifying which are positive or negative.**

What is your definition of health? Where does most of your knowledge about what is healthy come from? As a teenager, should you be concerned about what you eat or drink or much you exercise? Why or why not?

What are some influences on your health? Explain or describe five influences and give reasons why it is a healthy or unhealthy influence.

Assignment/Classwork

Reteaching Act. 1 &2

Develop questions for our survey for this unit.