

# ACTIVITY 1 Reteaching

FOR USE WITH CHAPTER 1, LESSON 1

## I. Directions

Health, as you have learned, has three elements, or sides, which may be represented as a triangle. Complete the chart that follows by providing information about the three sides of the health triangle.

Health	Mental/Emotional Health	Health
<b>Definition:</b> The way the parts and systems of your body work together	<b>Definition:</b> _____ _____ _____ _____	<b>Definition:</b> _____ _____ _____ _____
<b>Traits:</b> _____ _____ _____ _____ _____ _____ _____	<b>Traits:</b> _____ _____ _____ _____ _____ _____ _____	<b>Traits:</b> Making and keeping friends; working and playing in cooperative ways; giving and getting support when needed; communicating effectively, showing respect, and caring for others

## II. Directions

Use the appropriate term from the box below to complete the sentences in the paragraph that follows.

lifestyle factors	prevention	attitudes	wellness
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Taking medicine when you are ill is not enough to ensure \_\_\_\_\_, or total health. \_\_\_\_\_ — the practicing of healthy habits that stop diseases from occurring in the first place—is also important. So are your \_\_\_\_\_, beliefs that you can derive some benefit from healthy behaviors and habits. Examples of \_\_\_\_\_ include getting enough rest each night, eating breakfast daily, and avoiding the use of drugs.

**ACTIVITY 2 Reteaching**

FOR USE WITH CHAPTER 1, LESSON 2

**Directions**

Assign one of these letters to each health influence as follows: *H*—if it is an example of heredity; *P*—if it is an example of physical environment; *S*—if it is an example of social environment; *C*—if it is an example of cultural environment. After each example, indicate whether the influence is positive or negative and circle the appropriate word.

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|-------|--|----------|----------|
| _____ | 1. You are a member of an ethnic group that typically eats foods low in fat and cholesterol.                 | positive | negative |
| _____ | 2. You live in a community with a high crime rate.   | positive | negative |
| _____ | 3. Your closest friends volunteer to serve food at a local homeless shelter on weekends.                     | positive | negative |
| _____ | 4. You live in a community where the air quality is generally good.  | positive | negative |
| _____ | 5. A certain disease has been passed down through the generations of your family.                            | positive | negative |
| _____ | 6. You are surrounded by people who encourage you to be your best and offer support when you have a problem. | positive | negative |
| _____ | 7. You are an exceptionally fast runner, just like your mother.  | positive | negative |
| _____ | 8. Many of your relatives are smokers.   | positive | negative |
| _____ | 9. Your city records the fewest traffic fatalities of any in your state.                                     | positive | negative |
| _____ | 10. Your friends have made a pact not to use tobacco, alcohol, and other drugs.                              | positive | negative |