

Guided Lecture Questions - Health and Wellness

Part 1

1. What is health? Why is good health important?
2. Give examples that show why health is dynamic?
3. What is wellness? How is it achieved?
4. List lifestyle factors that promote good health.
5. Define prevention and give two examples of behaviors that help prevent illness or injury.
6. Compare and contrast health science education and health literacy.
7. Describe Health People 2020.

Part 2

8. Name the three key elements of health in health triangle
9. What is physical health? Mental/emotional health? Social health?
10. Define *heredity* and explain how it influences health.
11. Distinguish between your physical and social environments. Provide an example of a factor in each type of environment.
12. How are attitude and behavior related to health?
13. Give examples to show how technology can lead to better health.

Part 3

14. List six categories of teen risk behaviors that have negative effects on health.
15. Use an example to explain cumulative risks
16. What is abstinence

I. Health and Wellness



A) The Importance of Good Health

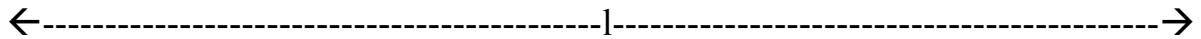
1) Complete the following statement: When you have good health you...

2) Health-

3) Wellness-

4) What is the health continuum?

5) Label the Health Continuum Scale:



6) Prevention-

7) Why is health education important?

8) What is Healthy People 2020?

9) What are the 2 main goals of Healthy People 2020?

1-

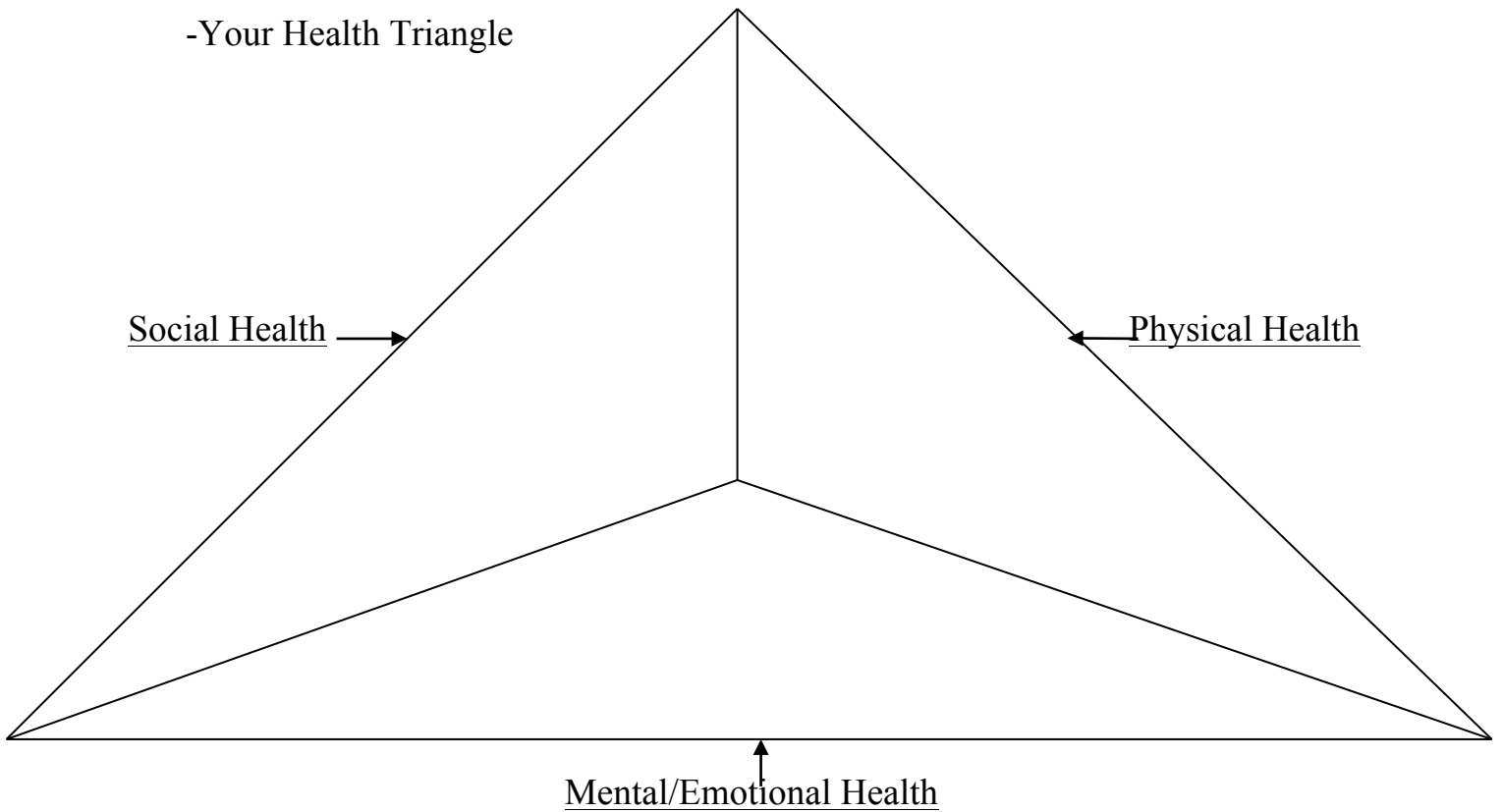
2-

10) How can parents help their child to meet the nation's health goals?

11) Health Literacy - _____

B) Promoting a Healthy Lifestyle

-Your Health Triangle



C) Influences on Your Health

1) Heredity- _____

*Specific _____ may put you at ____ for certain diseases, or
_____ your resistance to disease.

*Heredity can also influence _____ and _____.

2) Environment-_____

Physical Environment =

Social Environment =

*What physical environmental factors can affect our health?

3) Peers-_____

*How can the people your peers affect your health?

4) Culture-_____

5) Attitude-_____

6) Behavior-_____

7) Media-_____

D) Understanding Health Risks

-The first step in becoming responsible for your health is to increase your awareness of risk behaviors in your life.

1) Risk Behaviors-_____

2) Cumulative Risks-_____

Risk Factor	Cumulative Risk	Consequence(s)
Smoking one cigarette		
Getting a sunburn		
Eating a High-Fat Meal		
Trying an illicit drug		

E) Abstaining from Risk Behaviors

1) Abstinence:

* What consequences can we avoid from abstaining tobacco, drugs and alcohol?

2) Teens who abstain from Sexual Activity:

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