

# Understanding Health and Wellness

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Chapter 1 Lesson 3: What Affects Your Health? Pages 18-22

Vocabulary:  
Word

Picture

Definition

Word	Picture	Definition
1. Heredity (18)		
2. Environment (19)		
3. Physical Environment (19)		
4. Social Environment (20)		
5. Cultural Background 21		
6. Evaluate (22)		

7. How can family history affect your personal health? (21)
8. Why can't you control your heredity? (21 & 22)
9. How does the environment affect your personal health? (20)

10.-12. List 3 benefits of practicing healthy behaviors

---

---

13.-15. List 3 harmful effects that could happen if you choose NOT to practice healthy behaviors

---

---

16.-18. List 3 Internal influences that affect your health choices (21)

---

---

19.-21. List 3 External influences that affect your health choices (21& 22)

---

---

22. Can a person control their Choices? (21)

23. Explain how peer pressure can either be positive or negative (22)

24. List 6 forms of media as listed on page 22

---

---

---

---