

**Activity 4**

Use with Chapter 1, Lesson 4

**Health Risks and You**

Match the term about health risks with its description. Write the letter of the description in the lines provided. Then answer the question.

- |                          |   |
|--------------------------|---|
| _____ 1. Risk            | a. The result of actions  |
| _____ 2. Prevention      | b. The chance that something harmful may happen to your health and wellness |
| _____ 3. Risk behaviors  | c. Actions or choices that may harm you or others                           |
| _____ 4. Cumulative risk | d. When one risk factor adds to another to increase danger                  |
| _____ 5. Consequences    | e. The conscious, active choice not to participate in high-risk behaviors   |
| _____ 6. Abstinence      | f. Taking steps to avoid something  |



# Chapter 1 Health Inventory

## Chapter 1

### Understanding Health and Wellness

To make healthy decisions, it is important to understand what is healthy and what is not. Read each statement below. Write *true* in the space to the left if you think the statement is true. Write *false* if you think it is false.

- \_\_\_\_\_ 1. Some factors that affect your health are out of your control.
- \_\_\_\_\_ 2. Your environment can affect your health in both positive and negative ways.
- \_\_\_\_\_ 3. Paying attention to only one side of your health triangle is the key to wellness.
- \_\_\_\_\_ 4. Your cultural background can affect your health.
- \_\_\_\_\_ 5. Your friends have no influence on your health and wellness.
- \_\_\_\_\_ 6. Evaluating media messages is important in order to make healthy choices.
- \_\_\_\_\_ 7. Social health describes how you relate to people at home, at school, and everywhere else in the world.
- \_\_\_\_\_ 8. Your emotions are connected to your physical health.
- \_\_\_\_\_ 9. Your mental/emotional health can be influenced by a hobby.
- \_\_\_\_\_ 10. You will always have positive and negative stress in your life.
- \_\_\_\_\_ 11. Dealing with conflict is an important part of your social health.
- \_\_\_\_\_ 12. Media messages always have positive effects on your health and wellness.
- \_\_\_\_\_ 13. Risk behaviors may harm you or others.
- \_\_\_\_\_ 14. Practicing prevention will help avoid or reduce risks.
- \_\_\_\_\_ 15. Some diseases are passed on through heredity.

#### Score yourself:

Write the number of questions you answered correctly here.

12-15: Excellent! You know the score on health and wellness.

8-11: Fair. Your understanding of health is only moderately healthy.

0-7: Poor. You need to learn more about what it means to be healthy.