

What is Health?

1) The three parts of health are:

- a) _____ health
- b) _____ health
- c) _____ health

2) The term _____ is another way of saying "good health" and is a state of balanced health or well being.

3) Four factors that affect health are (page A5)

- a) _____
- b) _____
- c) _____
- d) _____

Taking responsibility for your Health

4) There are _____ that help a person maintain and improve health.

5) List 5 life skills that are important to you. (page A6)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

6) By making a _____ you can make a plan to take responsibility for your health, practice healthful behaviors and avoid risk behaviors.

Assessing valid Health information, products and services

7) take to find this information are: (page A8)

- a) _____
- b) _____
- c) _____
- d) _____

8) Define Health literate:

9) List four of the skills of being Health literate (page A9)

- a) _____
- b) _____
- c) _____
- d) _____