

**Decisions, Decisions** List three ways that this video changed how you think about making decisions.

## Section 1 What Is Health?

## Key Ideas

- ✓ Two factors that can be used to evaluate a person's health are life expectancy and quality of life.
- ✓ The aspects of health that are important for overall well-being are physical health, mental and emotional health, and social health.
- ✓ Many of the choices that you make on a daily basis affect your position on the health continuum.

## Vocabulary

- health (2)
- life expectancy (2)
- quality of life (2)
- goal (2)
- physical health (3)
- mental health (3)
- emotional health (3)
- social health (3)
- continuum (4)
- wellness (4)

## Section 2 Identifying Health Risks

## Key Ideas

- ✓ Heredity, environment, media, technology, health-care, and behavior are factors that influence health.
- ✓ When you evaluate a risk factor, consider both the short-term and long-term consequences. Decide whether you can control the risk factor. Analyze the possible benefits and risks of a decision.

## Vocabulary

- heredity (6)
- gender (6)
- environment (7)
- culture (7)
- media (8)
- habit (9)
- risk factor (10)



## Section 3 Taking Responsibility for Your Health

## Key Ideas

- ✓ The broad goals of *Healthy People 2010* are to increase the years of healthy life for each American, and to eliminate differences in health based on race, ethnic group, or income.

- ✓ There are three steps you can take to help you meet your personal health goals—gaining awareness, gaining knowledge, and building skills.

## Vocabulary

- prevention (12)
- values (14)
- action plan (15)
- advocacy (15)
- health literacy (15)

## Section 4 Being a Wise Health Consumer

## Key Ideas

- ✓ Before buying a product, consider safety, cost, the warranty, and consumer testing. Find out whether the person who will perform a service is qualified. To evaluate health information, you need to evaluate the source of the information.
- ✓ Ads can let you know what products and services are available, but they rarely provide the information you need to make wise choices.

- ✓ People can avoid health fraud by evaluating the claims made about a treatment or product.
- ✓ As a consumer, you have the right to information, the right to consumer protection by government agencies, and the right to complain.

## Vocabulary

- consumer (18)
- warranty (19)
- advertising (21)
- fraud (22)
- quackery (22)

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**Decisions, Decisions** Ask for volunteers to share their answers. Use examples from the video to review ways that teens' decisions can affect their health.

## Key Ideas Review

**EL** Have pairs of students use the illustrations in the chapter to review the key ideas. Ask students to let you know if they are having trouble connecting a figure to a key idea.

**L2** Ask students to read the headings throughout the chapter. After they read each heading, they should pause to recall important facts about it. Tell students to reread the material under any headings for which they cannot recall important facts.

## Vocabulary Review

**L1** Read the definitions of the chapter vocabulary terms in random order, and call on students to identify the terms. For any terms students cannot identify, ask them to reread the definitions and use the terms in sentences.

**L3** Have students make a crossword puzzle incorporating at least 12 of the chapter vocabulary terms. Ask pairs of students to exchange and solve each other's puzzles.



Students can go online to take a self test on Chapter 1.

## Reviewing Key Ideas

### Section 1

- c
- physical health: able to carry out everyday tasks without tiring; mental health: being mentally alert, being able to learn from your mistakes and recognize your achievements; emotional health: having feelings that are appropriate to events; social health: having loving relationships, respecting others' rights, giving and accepting help
- Accept any reasonable examples including getting enough sleep and exercising regularly.
- Sample answer:* It could keep you from interacting with others.
- Sample answer:* physically active, mentally alert, close relationships, able to enjoy life

### Section 2

- b
- Students will probably say that their environment is harder to control than their behavior.
- In the short-term, weight gain; in the long-term, heart disease
- Risks might include muscle strains and injuries from falls; benefits might include stronger muscles and stress reduction.

### Section 3

- c
- Leading causes of death for young people are due to risky behaviors. Reducing these behaviors increases the years of healthy life, which is a broad goal of *Healthy People 2010*.
- To gain awareness means to recognize a health problem. To gain knowledge means to learn how to prevent or treat a problem.
- Sample answer:* It requires more effort to cure a problem than to prevent a problem.

## Reviewing Key Ideas

### Section 1

- The number of years that a person can expect to live is called
  - quality of life.
  - quantity of life.
  - life expectancy.
  - life history.
- Describe ways to recognize good physical health, mental health, emotional health, and social health.
- List two behaviors that could move you toward wellness on the health continuum.
- Critical Thinking** How could having to deal with a physical, mental, or emotional problem affect a person's social health?
- Critical Thinking** What are four standards you would use to measure the quality of your life?

### Section 2

- Which of these factors is part of your social environment?
  - heredity
  - culture
  - media
  - technology
- Do you think that you have more control over risk factors in your environment or behavioral risk factors? Explain.
- What is one possible short-term consequence of eating a high-fat diet? What is a possible long-term consequence?
- Critical Thinking** Analyze the risks and benefits of going rock climbing.

### Section 3

- When you try to influence decisions others make about health, which skill are you using?
  - setting goals
  - making decisions
  - advocacy
  - analyzing influences
- How does a focus on reducing risky health behaviors help the nation to achieve the broad goals of *Healthy People 2010*?
- Explain what it means to gain awareness and to gain knowledge about a health problem.
- Critical Thinking** Use the saying "an ounce of prevention is worth a pound of cure" to explain the importance of prevention to your well-being.

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### Section 4

- A flyer announcing the opening of a health food store is an example of
  - advertising.
  - quackery.
  - advocacy.
  - public service.
- What questions could you ask to find out if a person who runs a gym is qualified?
- List two reliable sources and one poor source of health information. Explain your choices.
- Describe three ways that government agencies protect consumers.
- Critical Thinking** Which do you think makes people more vulnerable to fraud, a lack of knowledge or desperation? Explain.



## Building Health Skills

- Advocacy** Why do you think many teens smoke despite the health risks? What argument against smoking would be most effective for teens?
- Analyzing Influences** Do ads for healthcare products appeal more to your emotions than to your ability to reason? Explain.
- Making Decisions** You are thinking about using a liquid diet supplement. What steps should you take before making this decision?
- Setting Goals** Choose a behavior that moves you closer to the wellness end of the health continuum. Make an action plan for making this behavior a habit. Put your plan into action for a week and monitor your progress. Then adjust your plan, if necessary. **WRITING**

## Health and Community

**Defining Health** Ask ten people of different ages to define the term *health*. Record the responses. Then write a paragraph comparing and contrasting the responses. How were the definitions alike? How were they different? **WRITING**

### Section 4

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- Ask about education, experience, and whether the person is certified.
- Government agencies, medical associations, and non-profit private health groups are usually reliable. Sources that are trying to sell a product or service are less reliable.
- prevent unfair or deceptive advertising; protect public from the sale of unsafe foods, drugs, and cosmetics; establish safety standards for consumer goods; take dangerous products off the market
- a lack of knowledge because people are unable to detect false claims; desperation because people want to believe the false claims