



## 7<sup>th</sup> Grade Health

### Chapter One

#### Lesson 1

Name \_\_\_\_\_

1. Define health:

2. Often, good health is pictured as a triangle with how many sides? \_\_\_\_\_

3. Physical health is measured by what?

a.

b.

4. You can develop good mental health by learning to think how? \_\_\_\_\_

5. Good social health means \_\_\_\_\_ well and having \_\_\_\_\_ for family, friends, and acquaintances.

6. What is meant by wellness?

7. What is a habit?

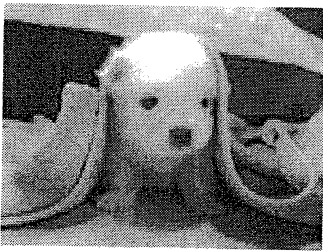
Good health habits include:

8.

9.

10.

11.



Lesson 2

12. What is heredity?

13. Environment is what?

14. What is meant by culture?

15. \_\_\_\_\_ are friends and other people in your age group.

16. What does the media include?

17. What is technology?

18. The way you act in many different situations and events in your life is known as your \_\_\_\_\_

19. What is meant by attitude?

Bonus Point

1. Give an example of a choice that can affect your health.