

Name: _____

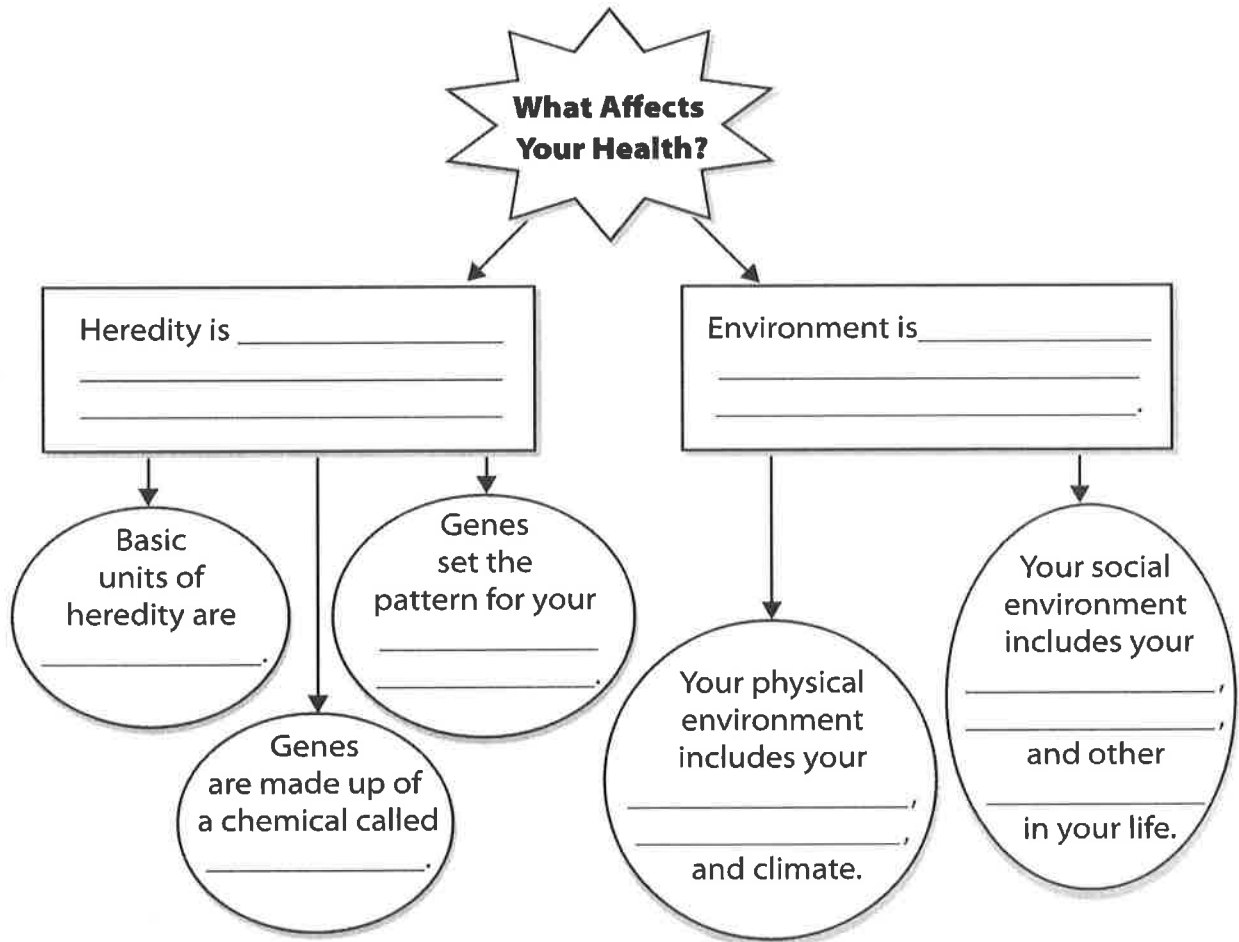
Teacher: Tatro

Pg. HSH 2 - 20

Health Skills Unit

Concept Mapping Activity

Directions: Complete the concept map on the effects to your health from heredity and environment, using terms and phrases from the course.



Reteaching Activity

Effects on Your Health

Many factors influence a person's health. Some factors cannot be changed, while others sometimes involve health choices.

Directions: Read each statement below. Using the terms in the box, write which factor is at work in each situation. For help, review what you have learned in the course.

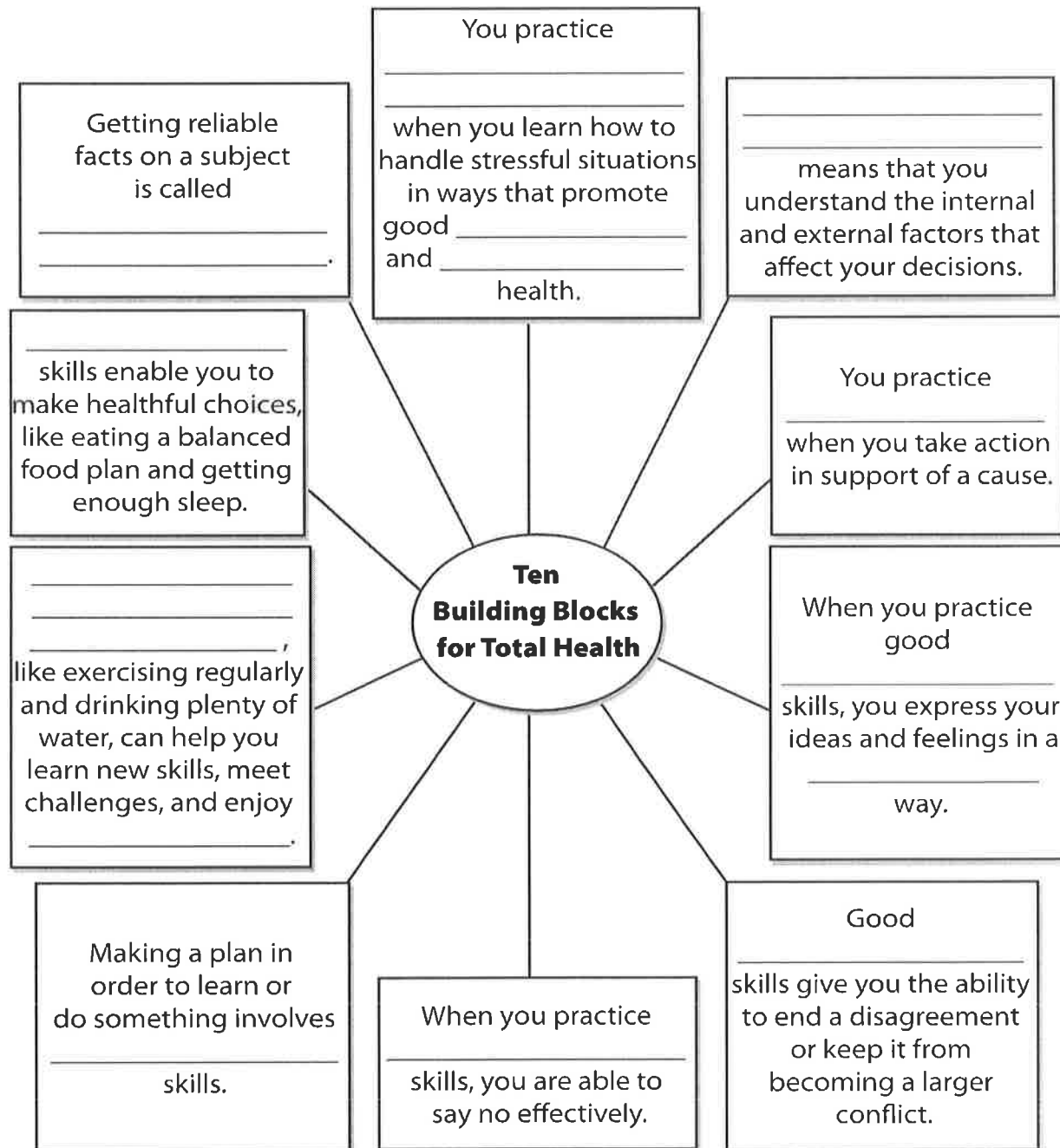
heredity	social environment
physical environment	media
cultural background	

- _____ 1. Ernesto learned how to play lacrosse at a community recreation center in his neighborhood.
- _____ 2. Kendra would like to look like the models she sees on television.
- _____ 3. Julian and Will have made a pact not to use tobacco, alcohol, or other drugs.
- _____ 4. Because he has red hair and fair skin like his father, Matt does not spend a lot of time in the sun.
- _____ 5. At holiday times, David's family eats many kinds of cakes and cookies, which are high in sugar.
- _____ 6. Pamela and her mother both wear glasses to read.
- _____ 7. The anti-smoking campaign on television has convinced Jade not to try smoking.
- _____ 8. Since it is almost always sunny where Brandon lives, he must wear sunscreen regularly.
- _____ 9. Ian learned to swim at an early age because his house is on a river.
- _____ 10. Rashid's family fasts for one day during some of their religious holidays.

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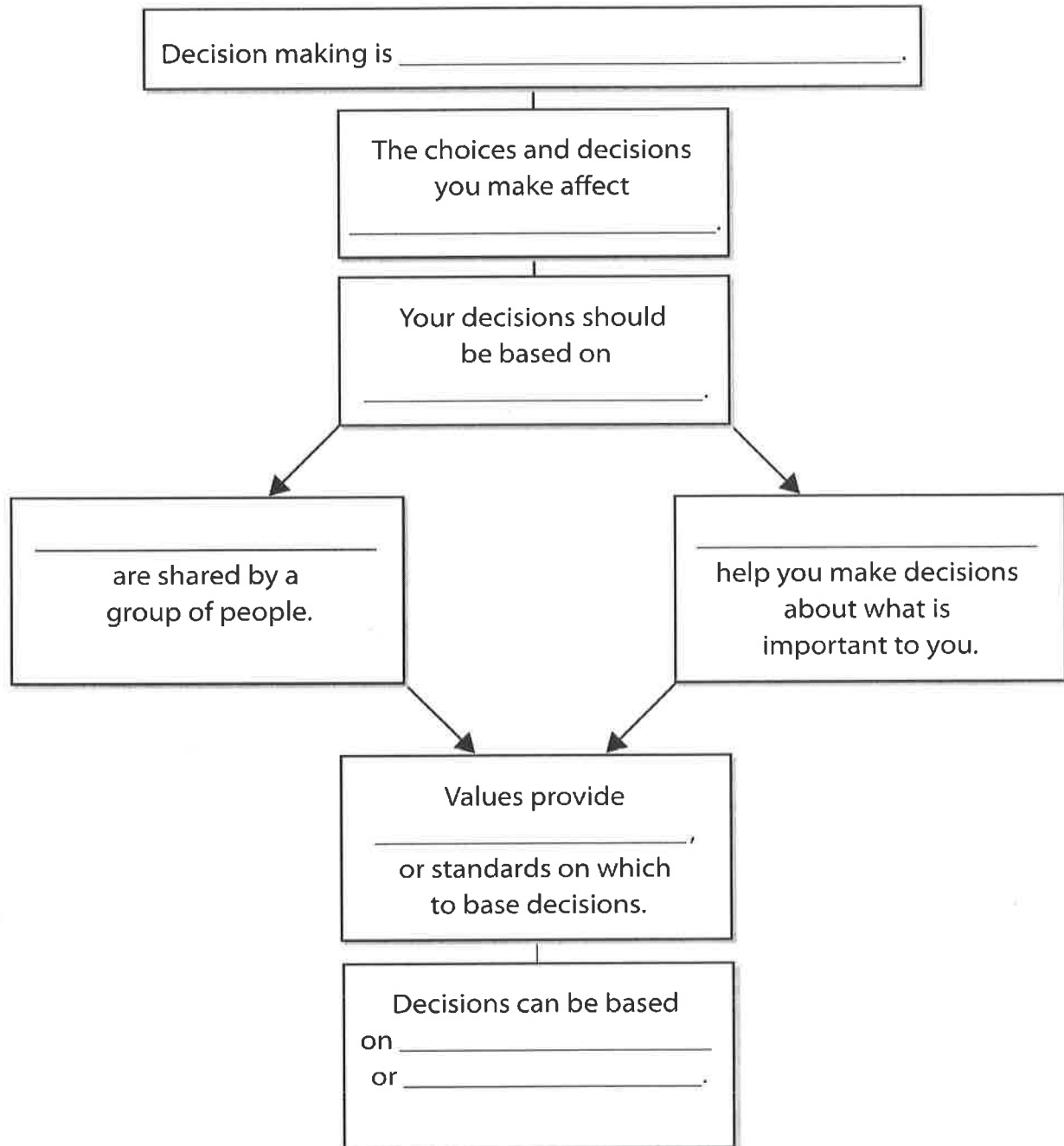
Concept Mapping Activity

Directions: Complete the concept map on the ten building blocks for total health, using terms and phrases from the course.



Concept Mapping Activity

Directions: Complete the concept map on developing a positive self-concept, using terms and phrases from the course.



Concept Mapping Activity

Directions: Complete the concept map on how your character develops, using terms and phrases from the course.

