

Chapter 1 Health Inventory

Your Total Health

Read the statements below. In the space at the left, write *yes* if the statement describes you, or *no* if it does not describe you.

- _____ 1. I accept constructive criticism when it is given.
- _____ 2. I feel comfortable when meeting new people.
- _____ 3. I get at least 8 hours of sleep a night.
- _____ 4. I eat three well-balanced meals a day.
- _____ 5. I stay within 5 pounds of my appropriate weight range.
- _____ 6. I can accept other people's ideas and suggestions.
- _____ 7. I do 20 minutes or more of vigorous physical activity at least three times a week.
- _____ 8. I am happy most of the time.
- _____ 9. I can accept differences in people.
- _____ 10. I can say no to my friends if they are doing something I do not want to do.
- _____ 11. I have at least one or two close friends.
- _____ 12. I ask for help when I need it.
- _____ 13. I seldom feel tired or run-down.
- _____ 14. I can express my feelings to others in healthy ways.
- _____ 15. I can name at least three activities I perform well.

Score yourself:

Write the number of *yes* answers here.

12-15: Your health practices are very good.

8-11: Your health practices are good.

5-7: Your health practices are fair.

Fewer than 5: You need to make some changes in your life.

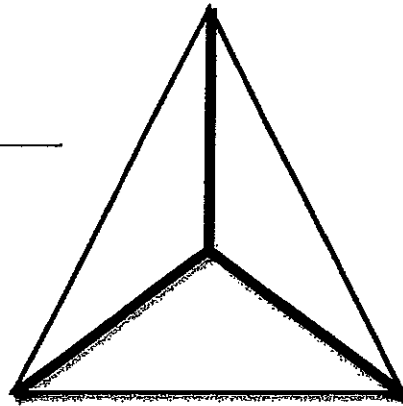
Name: _____ Date: _____ Teacher: _____

Health Triangle

- Health is a combination of _____, _____, and _____ well being.
- _____ health is the condition of your body.
- _____ health is your thoughts, feelings, and emotions.
- _____ health is the way you relate to others.

A healthy person pays **equal** attention to physical, mental/emotional, and social health.

Wellness is the achievement of a high level of overall health.



Elements of Physical Health

6 ways to stay in good physical health (guesses)

1)

2)

3)

4)

5)

6)

6 ways to stay in good physical health (answers)

1)

2)

3)

4)

5)

6)

Name: _____ Date: _____ Teacher: _____

Elements of Mental/Emotional Health

6 ways to stay mentally and emotionally healthy (guesses)

6 ways to stay mentally and emotionally healthy (answers)

1)

1)

2)

2)

3)

3)

4)

4)

5)

5)

6)

6)

Elements of Social Health

5 ways to stay socially healthy (guesses)

5 ways to stay socially healthy (answers)

1)

1)

2)

2)

3)

3)

4)

4)

5)

5)

Draw the health triangles of each person based on the information that is read to you.

Dan's Triangle

Zoe's Triangle

Kim's Triangle

NAME _____

DATE _____

Healthy Habits

Look at the statements below. In the space at the left of each statement, identify the side of the health triangle each behavior belongs to. Write *P* for physical, *M* for mental/emotional, or *S* for social. Then change any unhealthy behavior to a healthy one on the line beneath the statement.

_____ 1. going to a football game with friends

_____ 2. eating plenty of fruits and vegetables

_____ 3. hiding angry feelings

_____ 4. helping a friend with a problem

_____ 5. showing sadness when someone you care about dies

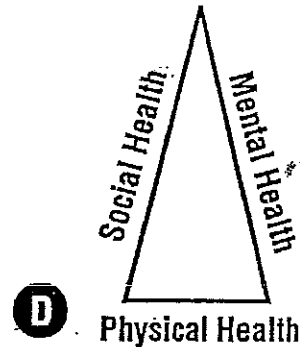
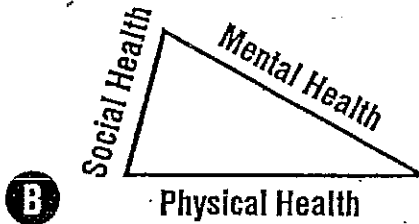
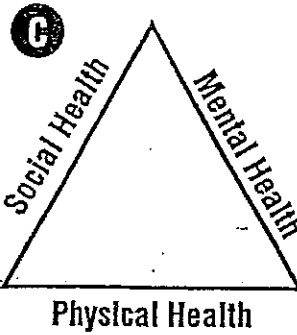
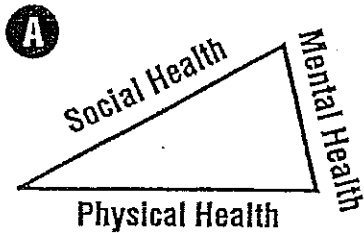
_____ 6. staying up late every night

_____ 7. quitting an activity and arguing when you do not get your way

_____ 8. thinking there isn't anything you do well

Thinking About Good Health

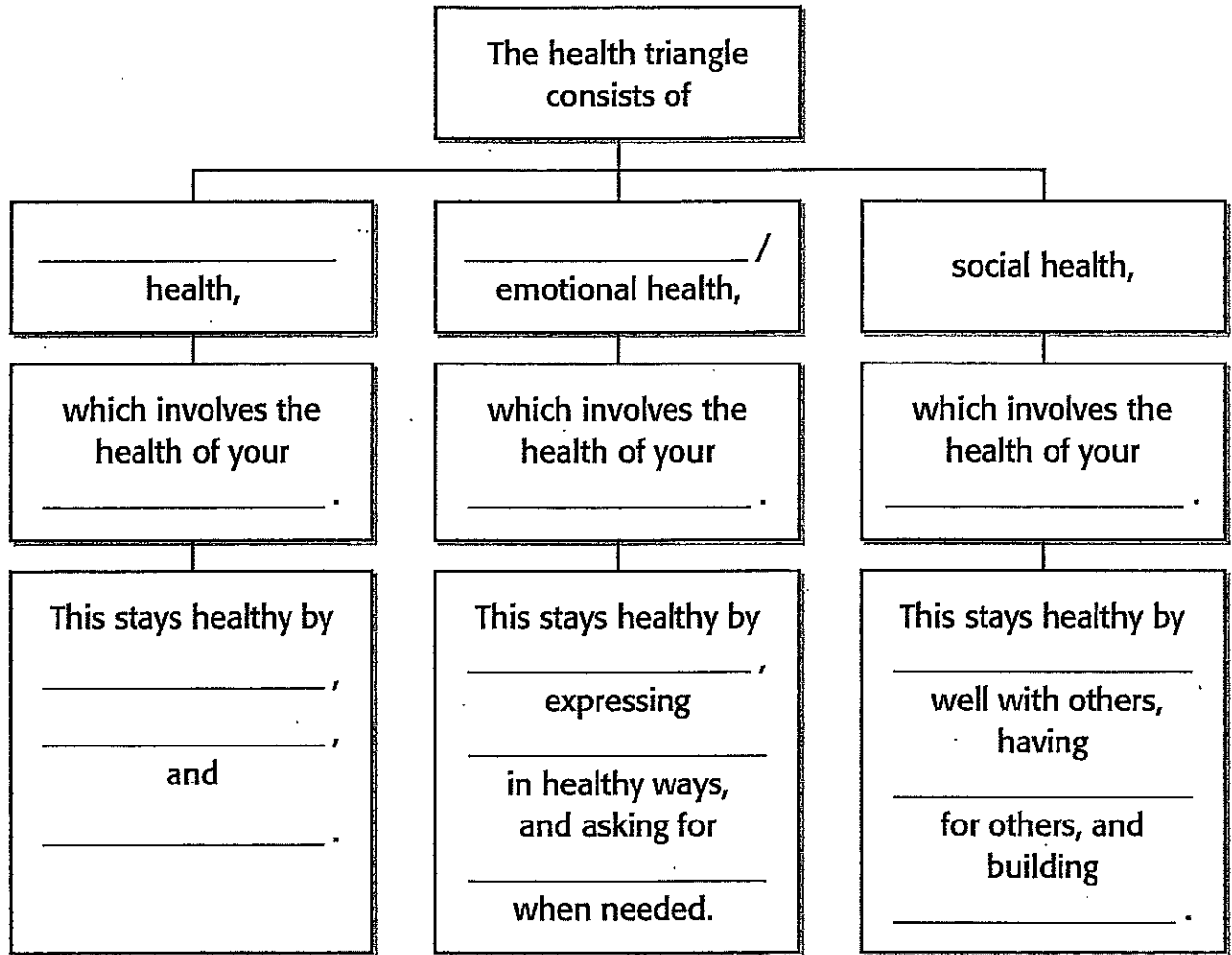
Read the stories below carefully. Then choose the health triangle pictured here that best illustrates the young person in each story. Write the letter of the triangle next to the correct number. You may use some triangles more than once.



- _____ 1. Andy spends a lot of time alone in his room exercising and lifting weights. He also studies hard and gets good grades in school. However, he does not get along well with other people, and he has trouble making friends.
- _____ 2. Jake and a couple of his friends are on the cross-country team. Although they are not the fastest runners, they enjoy the workout. Jake feels good about maintaining a B average in school this year.
- _____ 3. After school, Marcus has band practice or scout meetings. After dinner, he snacks on soft drinks and potato chips. Marcus is 15 pounds overweight, but he thinks the extra weight looks good on him.
- _____ 4. Melanie exercises and eats healthy foods, but she still does not like the way she looks. She pouts about her appearance and tells her friends that she is ugly. Melanie tore her school picture into shreds.
- _____ 5. Cassie plays basketball, volleyball, and softball very well. She is proud of her athletic skills and works hard to keep in shape. Other girls, though, don't like to be on the same team with Cassie. She is bossy and criticizes anyone who makes a mistake.
- _____ 6. Mia earns straight As in school. She is captain of the gymnastics team and president of the student council. Despite her achievements, Mia is not always happy. She worries about doing things perfectly and pleasing her parents and teachers.
- _____ 7. The parents in Jana's neighborhood rely on her to baby-sit for them. Jana loves little children and is very good with them. Despite her thriving baby-sitting business, Jana finds time to do her homework and be on the school's precision dance line.

Concept Mapping Activity 1-1

Directions: Complete the concept map showing the different parts of the health triangle, using terms and phrases from your textbook.



Name: _____ Period _____

Health Triangle Project

This will be an in class project, unless you do not finish in the given time, you must bring it home to finish. You are going to make your own Health Triangle, representing the areas of physical, mental/emotional, and social health. You are to bring in magazines and cut out pictures that represent YOU.

For PHYSICAL you will cut out pictures of activities that YOU do (ex- having a balanced diet/healthful foods—fruits, vegetables, milk, etc...sports that you play, pictures of sleeping to represent that you get at least 8 or 9 hrs of sleep a night...a picture of alcohol, tobacco or drugs with a line through it representing that you do not engage in any of them).

For MENTAL/EMOTIONAL you will cut out pictures of how YOU are mentally and emotionally healthy. (ex- someone laughing or smiling, pictures of things you do well such as drawing, singing, playing an instrument etc)

For SOCIAL you will cut out pictures of how you are socially healthy. (ex- pictures of friends talking, group work pictures, family, phone, etc)

You are allowed to bring in actual pictures that you have taken from home. You may also draw a few pictures.

*****REMEMBER THIS PROJECT IS ABOUT YOU AND WHAT YOU DO!!** If you do not play a sport, do not put that in your physical part of the triangle.

You should have a total of 5 pictures in each area.

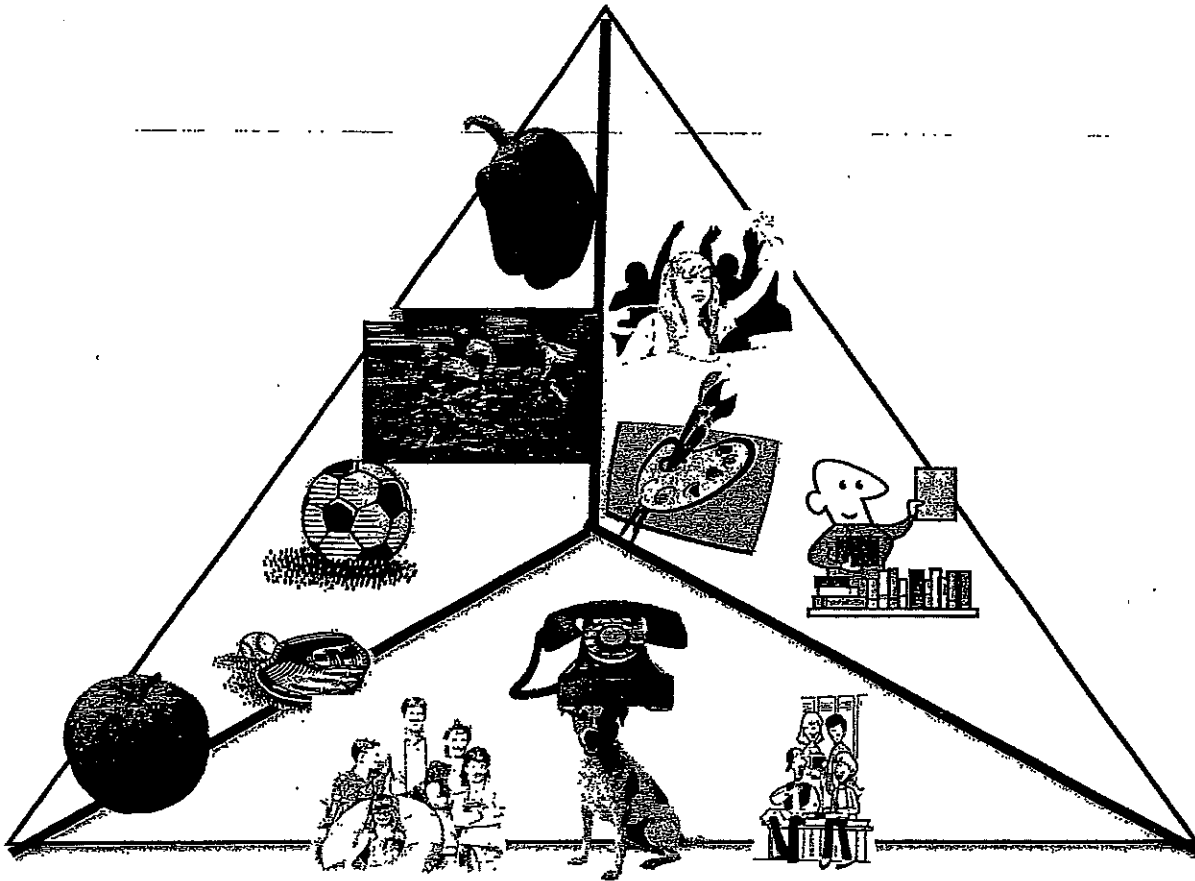
3-5 from a magazine

2 at most can be drawn

After you find all of your pictures and glue them onto your poster you will describe each, according to their area. There is an example on the back of this page.

Due Date: _____

Health Triangle Example



Physical Health

Red Pepper/apple- healthy eating
Soccer ball/ Softball glove -- sports I enjoy playing
Spinning- Exercise

Social Health

Family- I do things with my friends
Dog- I take my dog to the park and out for walks
Phone- I talk to my friends and family
Group by the locker- I have many friends

Mental/Emotional Health

Girl raising hand- I ask questions when I need help
Paint pallet - I like to draw by myself
Books- I like to learn new information