6. Feelings and beliefs, or __________, can play a role in how well you take care of yourself.

On a sheet of paper, write the numbers 7–14. Write True or False for each statement below. If the statement is false, change the underlined word or phrase to make it true.

Lesson 3 Building Health Skills

7. Wellness is keeping something bad from happening to your health.

8. Two parts to the skill of analyzing influences are identifying the source and the motive.

9. Parts of the skill of advocacy are being a good listener and telling others honestly how you feel.

Lesson 4 Making Responsible Decisions

10. Every decision you make has risks, or results.

11. Stating the situation is the first step in the decision-making process.

12. When considering options, remember the word H.E.L.P., whose letters stand for Healthful, Ethical, Legal, and Permission.

Lesson 5 Setting Health Goals

13. It is important to ask yourself whether a goal is realistic, or something you can achieve.

14. Breaking down big goals into smaller tasks is a step in goal setting.
Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

15. Synthesize Write a plan that breaks down the long-term goal of achieving physical fitness into several short-term goals that can be reached one at a time.

16. Describe Identify a cumulative risk. How can this affect your health?

Write About It

17. Narrative Writing Write a short story in which a teen becomes a positive role model for a younger child. Show how the teen influences the child by making healthful choices and displaying healthful behaviors.

Healthy Habits

In pairs, use GarageBand™ or Audacity® to create a recording that demonstrates a clear understanding of how to develop healthy habits in order to stay well. Follow the steps below to complete the project.

- Write a five-minute script about a school situation highlighting some of the good health habits mentioned in this chapter.
- Use GarageBand™ or Audacity® to record your script.
- Edit the track for clarity and content. Make sure your message is clearly delivered.
- Save your track.

Standardized Test Practice

Reading

Read the passage and then answer the questions.

Information on good health habits has been around for a long time. In the 1100s, a physician named Moses Maimonides published a book titled Rules for Physical Health.

Rules for Physical Health suggests that people need eight hours of sleep a night to maintain their health. It also encourages its readers to exercise or play sports regularly. It even contains specific suggestions about the kinds of food a person should eat.

The book is not just about what individuals could do to improve their health. It also stresses the importance of breathing clean air. In other words, it recognizes that a healthy environment is an important part of staying healthy.

TEST-TAKING TIP

Read the passage carefully once to find out what information it contains. After you read each question, look back at the passage to find the answer.

1. As described in the passage, Rules for Physical Health gives suggestions on all of the following EXCEPT
   A. healthful eating habits.
   B. ways of improving social health.
   C. making physical activity a regular habit.
   D. getting enough sleep at night.

2. What suggestion in the book relates the environment to personal health?
   A. the importance of sealing garbage bags
   B. the importance of drinking clean water
   C. the importance of recycling
   D. the importance of breathing clean air