

## ***Health Final- Short Answer Essay- Pick One from Each Unit***

### Health and Wellness

1. Identify and explain the role that heredity, environment, and other factors play in your overall health.
2. Describe how risk behaviors can harm your health and steps you can take to avoid or reduce these risks.

### Mental and Social Health

1. Identify and explain characteristics of a person who demonstrates good mental and emotional health.
2. Describe some factors that commonly cause stress for teens and explain steps a teen can take to reduce stress.

### Illegal Drugs

1. Explain how alcohol use contributes to making risky health decisions and impacts the life of the user and those around them.
2. Describe and explain why using illegal drugs poses risk to your physical, mental/emotional, and social health.

### Nutrition

1. You are what you eat...explain how this statement is true...give examples.....
2. The movie Food Inc. brought up examples of why we should pay attention to our diet. Describe why Americans should take a more active role in understanding what they are consuming when it comes to food.

### Family Life

1. Evaluate Jeff and Christy's (Too Soon for Jeff) choice to add sex to their relationship. Consider how they handled their situation and how it impacted their lives. Using this as an example, explain what advice you would give to friends who were considering adding sex to their relationship.
2. You know that your friend is sexually active, describe why he/she should be aware of the risk of getting an STD and what problems health wise that can cause them now and in the future.