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FOLDABLES Study Organizer

Foldables® and Other Study Aids Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1-5. Find a partner, and quiz each other using these study aids.

Lesson 1 Your Total Health

Main Idea Your total health is a state of well-being, or wellness.

- The three parts of the health triangle are physical health, mental/emotional health, and social health.
You can balance your physical, mental/emotional, and social health by developing good health habits.

Lesson 2 Influences on Your Health

Main Idea Your health is influenced by outside factors and by your behavior.

- Outside factors include heredity, environment, family and culture, peers, the media, and technology.
Maintaining a positive attitude will help you choose health-promoting behaviors.

Lesson 3 Building Health Skills

Main Idea Health skills help you become and stay healthy throughout your life.

- There are ten health skills: accessing information, practicing healthful behaviors, stress management, analyzing influences, communication skills, refusal skills, con-

flict resolution, decision making, goal setting, and advocacy.

- All teens should learn to practice healthful behaviors and manage stress.

Lesson 4 Making Responsible Decisions

Main Idea You can make good, responsible health decisions by learning and practicing the six-step decision-making process.

- The six steps of the decision-making process are: state the situation, list the options, weigh the possible outcomes, consider values, make a decision and act on it, and evaluate the decision.
H.E.L.P. stands for Healthful, Ethical, Legal, and Parent Approval.

Lesson 5 Setting Health Goals

Main Idea Goal setting will help you achieve and maintain good health.

- Goals may be short-term or long-term. Short-term goals often lead to long-term goals.
You can reach goals by making your goals specific, listing the steps to reach your goal, getting help from others, evaluating your progress, and rewarding yourself when you reach your goal.

Chapter 4 Managing Stress and Coping with Loss. Vocabulary Practice assessment. Directions: The words in the box appear in Chapter 4 and are part of the Academic Word List, which includes the 300 most common academic words used in academic texts. Read the definition of the word and then use the words to fill in the blanks in the sentences below.

CHAPTER 24 Review. After You Read Use the notes you have taken in your Foldable to review what you have learned. On the back of your Foldable, describe an experience you have had with a communicable disease and suggest ways that you might prevent future occurrences.

Unit 8 Fast File Communicable and Chronic Diseases. Includes: Unit 8 Activities, Unit 8 Assessment, Unit 8 Review, Unit 8 Test, Unit 8 Answer Key, Unit 8 Glossary, Unit 8 Index, Unit 8 Student Resources, Unit 8 Teacher Resources.

Safety and Health. The deadly influenza virus, associated with accidents and injuries, and the... Communicable and Chronic Diseases. The deadly influenza virus, associated with accidents and injuries, and the... Safety and Health. The deadly influenza virus, associated with accidents and injuries, and the...

were originally horizontal and subsequently deformed. Nonmetallic mineral resource Mineral resource that is not a fuel or processed for the metals it contains. Prominence A concentration of material above the solar surface that appears as a bright archlike structure. Ray (lunar) Any of a system of bright elongated streaks, sometimes associated with a crater on the Moon. Residual soil Soil developed directly from the weathering of the bedrock below. Rock-forming minerals The minerals that make up most of the rocks of Earth's crust. Solstice The time when the vertical rays of the Spheroidal weathering Any weathering process that tends to produce a spherical shape from an initially blocky shape. Strata Parallel layers of sedimentary rock. Subarctic climate A climate found north of the humid continental climate and south of the polar climate and characterized by bitterly cold winters and short, cool summers. Places within this climatic realm experience the highest annual temperature ranges on Earth. Sunspot A dark spot on the Sun, which is cool by contrast to the surrounding photosphere.

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