

High School Health

Lesson #1: Living a Healthy Life

Objectives:

- In this lesson you will...
 1. Explain the difference between life expectancy and quality of life
 2. Describe factors that can affect quality of life
 3. Assess personal health and wellness related practices and behavior that reduce or prevent health risks

Vocabulary

• Life Expectancy - _____

• Lifespan- _____

• Quantity- _____

• Quality- _____

Student Journal

Lesson 1: Living a Healthy Life

Health terms

emotional health
intellectual health
life expectancy
lifespan
mental health
physical health
quality
quantity
social health
spiritual health

Journal entry

Write a few sentences about how old you think you'll live to be and why.

Class discussion notes

Assessing My Health Habits

Directions: For each statement, circle the response that best describes your behaviors and habits. Then add up your score and use your results to help you answer the questions. Be as honest and accurate as you can. You won't have to share your answers and you'll be graded only on whether you answer the questions and analyze your results, not on what your responses are.

▶ Survey

1 I wash my hands after using the restroom.	Always	Often	Sometimes	Rarely	Never
2 I wash my hands when I am sick or around someone who is.	Always	Often	Sometimes	Rarely	Never
3 I cover my mouth and nose with a tissue or the inside of my elbow when I cough or sneeze.	Always	Often	Sometimes	Rarely	Never
4 I avoid eating food that has been unrefrigerated or smells spoiled.	Always	Often	Sometimes	Rarely	Never
5 I avoid contact with other people's blood.	Always	Often	Sometimes	Rarely	Never
6 I wear insect repellent with DEET when I am outdoors.	Always	Often	Sometimes	Rarely	Never
7 I avoid tobacco smoke.	Always	Often	Sometimes	Rarely	Never
8 I avoid drinking alcohol.	Always	Often	Sometimes	Rarely	Never
9 I avoid using other drugs.	Always	Often	Sometimes	Rarely	Never
10 I choose water or fruit juice over soda or other sugary drinks.	Always	Often	Sometimes	Rarely	Never
11 I eat vegetables and fruit every day.	Always	Often	Sometimes	Rarely	Never
12 I eat breakfast every day.	Always	Often	Sometimes	Rarely	Never
13 I'm physically active for at least 30 minutes a day.	Always	Often	Sometimes	Rarely	Never
14 I spend fewer than 2 hours a day watching TV or playing video games.	Always	Often	Sometimes	Rarely	Never
15 I spend fewer than 2 hours a day using a computer or going online for things not related to schoolwork.	Always	Often	Sometimes	Rarely	Never
16 I see a doctor or other health care provider for an annual checkup or exam.	Always	Often	Sometimes	Rarely	Never
17 I wear sunglasses when outdoors in bright light.	Always	Often	Sometimes	Rarely	Never

Assessing My Health Habits

(continued)

18 I play my music system at a low volume.	Always	Often	Sometimes	Rarely	Never
19 I wear earplugs if I'll be around loud music or other sounds.	Always	Often	Sometimes	Rarely	Never
20 I wear sunscreen with an SPF of at least 15 when I'll be outdoors for more than an hour.	Always	Often	Sometimes	Rarely	Never
21 I get 8 or more hours of sleep at night.	Always	Often	Sometimes	Rarely	Never
22 I brush and floss my teeth at least once a day.	Always	Often	Sometimes	Rarely	Never
23 I drink water throughout the day.	Always	Often	Sometimes	Rarely	Never
24 I wear a helmet when I ride a bicycle, motorcycle, skateboard or rollerblade.	Always	Often	Sometimes	Rarely	Never
25 I wear a safety belt when I ride in a car or other vehicle.	Always	Often	Sometimes	Rarely	Never

Healthy Habits Score:

Number of "Always" answers: _____ x 4 = _____

Number of "Often" answers: _____ x 3 = _____

Number of "Sometimes" answers: _____ x 2 = _____

Number of "Rarely" answers: _____ x 1 = _____

Total: _____

How Did You Score?

75 to 100 Congratulations! You're doing lots of things that will help you stay healthy.

50 to 75 You have quite a few healthy habits. Can you see any areas in which you could improve?

25 to 50 You're doing some things to help keep yourself healthy, but there's also room for improvement.

0 to 25 You can definitely use what you'll be learning in this class to improve your health habits.

Based on your survey results, what's one habit you have that helps keep you healthy?

Based on your survey results, what's one health habit you could improve?

Self-Check

- I answered all 25 survey items and calculated my score.
- I answered the questions based on my survey results.