

Section 1-2

Identifying Health Risks

Lesson Plan

Section Objectives

- Identify factors that can influence a person's health.
- Describe three strategies you can use to evaluate risk factors.

Vocabulary heredity • gender • environment • culture • media
• habit • risk factor

Time
2 periods
1 block

Local Standards

1. FOCUS

Warm-Up: Myth/Fact Ask students where they think people get information on health risks. Discuss the reliability of these sources.

Targeted Resources

- Transparency W2

2. TEACH

Cultural Connection Have students identify cultural differences that might affect health. **L3**

Building Health Skills Have students analyze what influence a medium other than television can have on health. **L4**

Building Media Literacy Have students develop a list of guidelines for evaluating health Web sites. **L3**

Class Discussion Invite the school nurse to class to discuss his or her role in providing healthcare to students. **L1**

Building Health Skills Ask students to think of excuses people might use for not breaking unhealthy habits. Then have them think of an argument to counter each excuse. **L3**

Cooperative Learning Have small groups of students brainstorm a list of risks and benefits for participating in a team sport. **L2**

Targeted Resources

- RN Note Taking Guide 1-2 **L3 EL**
- ARN Note Taking Guide 1-2 **L2**
- TR Practice 1-2
- TR Enrich 1-2 **L4**
- Audio Summary 1-2 **L1 L2 EL**
- PHSchool.com: More on risk factors

3. ASSESS

Evaluate Understanding The assignments listed in the Teacher's Edition can help you assess students' mastery of the section content.

Reteach Have students write paragraphs that address section objectives and use the vocabulary terms. **L2**

Targeted Resources

- TR Section 1-2 Quiz
- CTB Chapter 1

KEY	
L1 Special Needs	L4 Gifted and Talented
L2 Less Proficient Readers	EL English Language Learners
L3 All Students	

Section 1-2 **Practice**

Role-Playing: Influences on Health

Factors that influence health include heredity, environment, media, technology, healthcare, and behavior. Each factor can have a positive or negative influence on health. For example, television news programs can help you learn about health risks, but spending hours watching television can cause you to exercise less.

As a group, select one of the factors that influence health. Brainstorm a situation in which that factor could affect your health. Write a role-play about the situation. Use the spaces below to record your ideas. Then practice your role-play.

Factor: _____

Situation: _____

Overview of Role-Play:

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Enrich

Family Involvement: Evaluating Health Risks

You make decisions every day that can have short- or long-term consequences for your health. In most cases, you probably make a decision without thinking about the risks involved in a given situation.

Read the situations below and identify the health risk for each situation. Also, decide what you could do to reduce the risk. After you record your answers, discuss the situations and your responses with a parent or other trusted adult.

1. You are going to a party where you know people will be drinking alcohol.

2. You have a bad cold, but you don't want to miss school.

3. You are out with friends who choose to have lunch in a fast-food restaurant.

4. A person at school has been spreading false rumors about you, which is making you very angry.

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Quiz

Write the letter of the correct answer in the space provided.

- | | |
|--|-----------------------|
| _____ 1. all the traits that are passed biologically from parent to child | a. habit |
| _____ 2. all the physical and social conditions that surround a person | b. media |
| _____ 3. forms of communication that provide news and entertainment | c. heredity |
| _____ 4. behavior that is repeated so often it becomes almost automatic | d. gender |
| _____ 5. action or condition that increases the chances of illness or injury | e. risk factor |
| | f. environment |

Write the letter of the correct answer in the space provided.

- _____ 6. A person's culture is part of his or her
- a.** heredity.
 - b.** indoor surroundings.
 - c.** social environment.
 - d.** physical environment.
- _____ 7. People are more likely to take advantage of available healthcare if
- a.** they need to take time off from work for a checkup.
 - b.** they must travel for over an hour to see a doctor.
 - c.** a clinic is open only during the day Monday through Friday.
 - d.** they have health insurance that pays for medications.
- _____ 8. If you are tired because you stay up late watching television, the factor having a negative influence on your health is
- a.** environment.
 - b.** technology.
 - c.** behavior.
 - d.** media.
- _____ 9. You cannot control health risks that result from
- a.** media.
 - b.** heredity.
 - c.** environment.
 - d.** behavior.
- _____ 10. One way to evaluate health risks is to
- a.** get enough sleep.
 - b.** break unhealthy habits.
 - c.** consider consequences.
 - d.** engage in risk-free behaviors.