**Health Class Only**

**Assignment 1: Week of April 6-10**

**\*The answers to the following assignments can be either hand written or typed out and emailed back to me at** **william.bentley@dcsms.org** **You can actually submit your assignment in various ways. This includes: typing the assignment in the email window itself that you are sending to me, typing the assignment as a word document or notes sections on a phone, or actually hand writing out the assignment on paper and taking a picture to send in an email. Please do whatever you feel most comfortable with doing. As always, let me know if you have any questions. In the “Email Subject Line” include: Your First and Last Name, Health or Employability Skills Class, and Assignment 1**

1. **Read the Ch. 1 Notes under the “Health Documents” Page on the website.**
2. **Define and Number the following Vocabulary Words. Please make sure you number, write the word out, and give a specific definition for each word. You do not have to write a complete sentence as long as you give a thorough definition.**

**1. Health**

**2. Life Expectancy**

**3. Quality of Life**

**4. Physical Health**

**5. Emotional Health**

**6. Social Health**

**7. Hereditary**

**8. Risk Factor**

**9. Prevention**

**10. Advocacy**

1. **Answer in complete sentences the following “Critical Thinking Questions”. Please use 2 or more sentences to answer the questions. Be specific and give good details. Use your Health Notes and the Internet to help out.**
2. **How could having to deal with a physical, mental, or emotional problem affect a person’s social health?**
3. **Explain what it means to gain knowledge about a health problem?**

**Employability Skills Class Only**

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1. **Read the Ch. 1 Section 1-1 Information under the “Employability Skills Documents” Page on the website.**
2. **Define and Number the following Vocabulary Words. Please make sure you number, write the word out, and give a specific definition for each word. You do not have to write a complete sentence as long as you give a thorough definition.**

**1. Job**

**2. Career**

**3. Lifestyle**

**4. Skills**

**5. Work**

**6. Interest**

**7. Consumer**

**8. Public Service**

**9. Training**

**10. Attitude**

1. **Answer in complete sentences the following “Critical Thinking Questions”. Please use 2 or more sentences to answer the questions. Be specific and give**

**good details. Use your Ch. 1 Section 1-1 Information and the Internet to help out.**

1. **Describe a situation that might cause a person to change his or her main reason for working**
2. **Would a career in the Navy be appropriate for you? Why or why not?**