

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Grade: \_\_\_\_\_



### *A Healthy Future*

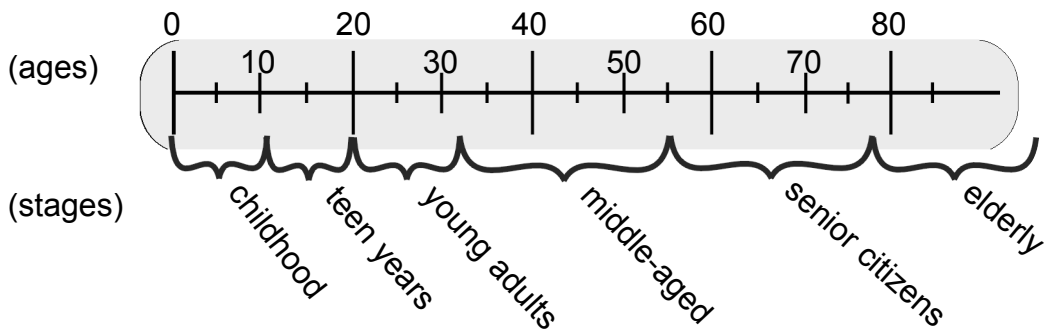
*You are making progress! Answer the following questions. Fill in the blanks with words, letters or numbers as each question indicates. Check your answers from the Answer Key. Correct all errors, then complete your next goal.*

1. Your future will be affected by your choices or \_\_\_\_\_.
2. Your \_\_\_\_\_ will be a significant part of your future.
3. \_\_\_\_\_ means an overall state of well-being.

**Matching:**

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 4. _____ physical health         | (a) relationships, belief system |
| 5. _____ mental health           | (b) thoughts and emotions        |
| 6. _____ spiritual/social health | (c) body systems                 |

7. The following diagram represents your life from birth to death. Circle the time period/stage where most decisions are made that affect the rest of your life.



8. About what fraction of your life expectancy does that time frame represent? \_\_\_\_\_

9. During this time period you would be wise **NOT** to: \_\_\_\_\_

- (a) pursue good social/spiritual relationships
- (b) ignore the experience/counsel of older people
- (c) pay attention to good nutrition and exercise
- (d) keep your mind free of pornography and other mind-polluting elements

10. Research shows that your genetic coding is 90% set, and you can do little to affect your future health. \_\_\_\_\_ (a) True or (b) False

11. The average *life expectancy* in the early 1900s was \_\_\_\_\_ years of age.

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12. The leading causes of death in the early 1900s were the result of: \_\_\_\_\_  
\_\_\_\_\_.

- (a) lifestyle factors
- (b) communicable diseases
- (c) accidents
- (d) suicides and violent crime

13. Healthy \_\_\_\_\_ will lead to a longer, happier, more productive life.

14. \_\_\_\_\_ persons live longer than \_\_\_\_\_.

15. Research indicates that families that attend \_\_\_\_\_ together and have sit-down \_\_\_\_\_ together are happier, healthier, and their children perform better in \_\_\_\_\_.

16. What we are taught, we \_\_\_\_\_, what we learn, we \_\_\_\_\_; these are called \_\_\_\_\_ behaviors.

17. Any **learned behavior** can be changed. \_\_\_\_\_ (a) True or (b) False

18. **Review question.** *Lifestyle factors* are inherited behaviors. \_\_\_\_\_  
(a) True or (b) False

19. Place an "L" for learned behavior or an "I" for inherited/instinctive behavior in each blank below.

- \_\_\_\_\_ geese flying south for the winter
- \_\_\_\_\_ salmon swimming upstream to lay eggs
- \_\_\_\_\_ a "seeing-eye" dog leading a blind person
- \_\_\_\_\_ female mammals nursing their young

20. In this lesson's opening story episode, Agent Gomez gave you two pieces of excellent advice: He said you should "\_\_\_\_\_."

\_\_\_\_\_.  
He ended by saying that "\_\_\_\_\_."  
\_\_\_\_\_.

21. Write the **Life Principle**: "\_\_\_\_\_."  
\_\_\_\_\_.

*Note: Ask your teacher for the quiz over topics 11-15 before proceeding to the next section. Reminder: If you score 85% or higher on the three section quizzes, you may be exempt from the chapter test!*

