Name: _____ Date: _____

Unit 2 – Health & Wellness

1. In your own terms, what is "good health" (2pts)

   _____

   _____

2. What are the six (6) essentials things that your body needs? (6pts)

   _____

   _____

3. What are two personal hygiene practices that you follow? (2pts)
   1. _____
   2. _____

4. The human body is approximately _____% water by weight. (1pt)

5. How does medical professional test if you are dehydrated? (2pts)

   _____

   _____

6. What is the recommended sleep time for adults? (2pts) _____

7. Physical activity is extremely important; you should move_____minutes a day, at least _____times a week. (2pts)

8. Explain four things you can do in order to control your anger. (8pts)
   1. _____
   2. _____
   3. _____
   4. _____

[TOTAL MARKS 25pts]

LIVEWORKSHEETS