

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]