

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

## Unit 2 – Health & Wellness

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

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

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

1. \_\_\_\_\_
2. \_\_\_\_\_

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

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

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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. \_\_\_\_\_

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[TOTAL MARKS 25pts]