	Name:	_
	Date:	
He	lth and Family Life Education	
7	ealth and Wellness - Quir 1	

<u>Instructions:</u> Based on information from your notes, select the correct answer for each question below.

1. Wellness is defined as

A. a state of being well.

B. the posture your body is found in.

C. a state of good health.
D. the means of being a good person.

2. Wellness contains the following:

A. your mental and social health B. your spiritual and physical health

C. your intellectual and emotional health D. all of the above

3. What is the determining factor in purchasing a health product?

A. Its cost and is it in your budget

B. Its quality and how it caters to your needs

C. Its popularity and how the celebrities praise it D. none of the above

4. Which two things are important in maintaining good health?

A. Products and Services B. People and Places

C. Friends and Family D. All of the above

5. Which acronym best abbreviates the "Decision Making Process"?

A. C.A.M.P. B. W.A.T.E.R.

C. S.O,D.A. **D.** T.I.K.T.O.K.

Created by: Ms. S. Burrows Virtual School Bahamas - Grade 6

