

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]