

Chapter 1 Lesson 2 What affects your Health?

Many factors influence your Health. Heredity, environment, peers, culture, media, and technology all have an impact on Health. Some of these factors have a negative impact. Other factors have a positive impact. Learning to see these influences and the impact they have on your Health can help you make better health choices.

Directions: Describe how each one of these factors influence your OWN personal Health.

1. HEREDITY-

2. ENVIRONMENT-

3. PEERS-

4. CULTURE-

5. MEDIA-

6. TECHNOLOGY-

Which ones represent negative influences on your life?

Which ones represent positive influences on your life?