Chapter 1

Study Guide

* What is Health?
* What is Wellness?
* What is the Illness/Wellness Continuum?
* What are the 3 aspects of Health?
* What is a risk factor?
* What are the 3 types of risk factors?

TERMS:

* Culture
* Values
* Lifestyle Factors
* Abstinence
* Peers
* Cumulative risks
* Optimism
* Pessimism
* Physical Environment
* Social Environment
* Cultural Environment

EXTRA:

* Who are the Nacirema?
* Briefly explain their culture.
* Why did we read this article?

Write your answers on this sheet of paper or use a separate sheet. I will collect these tomorrow before the test! ☺