

Chapter 1

Understanding Health and Wellness

Name: _____ Date: _____ Hour: _____ Packet Number: _____

- On a separate piece of paper, answer the following questions.
- **Format your answer sheet with lesson number, page number then your answers.**
- Staple your answers to the back of this assignment sheet.

Read Chapter 1 pages 2 - 31

Lesson 1

- Page 5 - Answer the 3 questions in the “Discuss the BIG Ideas”
- Page 6 “Before you read” – **Create a Cluster Chart – fill in the chart**
- Page 8 – Answer “**Reading Check**”
- Page 9 – Answer “**Reading Check**”
- Page 10 “Lesson 1 Assessment” - questions 1-5

Lesson 2

- Page 11 “Before you read” – **Create a K-W-L Chart**
- Page 14 – Answer “**Reading Check**”
- Page 15 – Answer “**Reading Check**”
- Page 15 “Lesson 2 Assessment” - questions 1-5

Lesson 3

- Page 16 “Before you read” – **Create a Cluster Chart – fill in the chart**
- Page 17 “Real world connection” - questions 1-3
- Page 18 – Answer “**Reading Check**”
- Page 20 – Answer “**Reading Check**”
- Page 20 “Lesson 3 Assessment” - questions 1-5

Lesson 4

- Page 21 “Before you read” – **Instead of Vocabulary Cards write “the term” on your paper. Next “the term” write “definition”**
- Page 23 “Teens Making a Difference” - questions 1-3
- Page 23 – Answer “**Reading Check**”
- Page 25 – Answer “**Reading Check**”
- Page 25 “Lesson 4 Assessment” - questions 1-5

Chapter 1 Assessment

- Page 28-30 questions 1-37

Standardized Test Practice

- Choose one “**Math Practice**” or “**Reading/Writing Practice**” and answer the 3 questions.