

Chapter 2

Taking Charge of your health

Name: _____ Date: _____ Hour: _____

On a separate piece of paper, answer the following questions. Staple your answers to the back of this assignment sheet.

- Read the chapter 2 pages 32 – 61

Lesson 1

- Page 33- Answer the 3 questions in the “Discuss the BIG Ideas”
- Page 34 - “Before you read” – “**Create Vocabulary Cards**”
- Page 36 – Answer “**Reading Check**”
- Page 39 - “Lesson 1 Assessment” - questions 1-5

Lesson 2

- Page 40 - “Before you read” - **Create a K-W-L Chart**
- Page 41 – Answer “**Reading Check**”
- Page 43 – Answer “**Reading Check**”
- Page 45 - Health Skills Activity – Use the “**Decision-Making Skills worksheet on the back of this sheet**”
- Page 45 - “Lesson 2 Assessment” - questions 1-5

Lesson 3

- Page 46 - “Before you read” – ” – **Create a Cluster Chart – fill in the chart**
- Page 47 – Answer “**Reading Check**”
- Page 49 - “Real world connection” - questions 1-3
- Page 49 - “lesson 3 assessment” - questions 1-5

Lesson 4

- Page 50 - “Before you read” – “**Create Vocabulary Cards**”
- Page 51 – Answer “**Reading Check**”
- Page 53 – Answer “**Reading Check**”
- Page 53 – “lesson 3 assessment” – questions 1-5

Chapter 2 Assessment

- Page 56-58 questions 1-35

Standardized Test Practice

- Page 59 Choose one “**Math Practice**” or “**Reading/Writing Practice**” and answer the 3 questions.

Decision Making Process – D.E.C.I.D.E.

Name: _____ Date: _____ Hour: _____

Decision: _____

1. State the situation – **D**efine the problem

2. List options - **E**xplore the options - what choices can you make – list 3 options

1. _____

2. _____

3. _____

3. Weight the possible outcomes - **C**onsider the consequences of each option – choose 1 option

List a positive and negative outcome of the option you chose.

Positive: _____

Negative: _____

4. Consider your values - **I**dentify your values

5. Make a **D**ecision and act

6. Evaluate your decision – **E**valuate the results
