Name _____ Date _____ Class _____

Lesson 1

Enrichment/Class Activities

Getting Acquainted

How does health affect the lives of people around you? To find out (and to get to know your classmates at the same time), obtain the signatures of classmates who fit one of the descriptions below. You must get a different signature for each description.

Description	Signature
1. Someone who always wears a safety belt in a car.	_____
2. Someone who belongs to a health maintenance organization.	_____
3. Someone who exercises at least three times a week.	_____
4. Someone who recycles bottles and cans.	_____
5. Someone who has recently made an important decision.	_____
6. Someone who goes to the dentist every six months.	_____
7. Someone who usually reads food labels.	_____
8. Someone who has refused an alcoholic drink.	_____
9. Someone who has asked a smoker to smoke elsewhere.	_____
10. Someone who has taken a CPR course.	_____
11. Someone who has a smoke detector at home.	_____
12. Someone who adds little or no extra salt to food.	_____
13. Someone who has had influenza within the last year.	_____
14. Someone who has had an eye test within the last year.	_____
15. Someone who has had a physical examination in the past year.	_____
16. Someone who takes vitamins.	_____
17. Someone who has tried a vegetarian diet.	_____
18. Someone who warms up for ten minutes before exercising.	_____
19. Someone who goes to sleep at a regular time each night.	_____
20. Someone who eats fresh vegetables every day.	_____
21. Someone who turns off the water while brushing his or her teeth.	_____
22. Someone who has taken a babysitter training course.	_____
23. Someone who can talk over his or her problems with a parent or other trusted adult.	_____
24. Someone who manages his or her time well.	_____
25. Someone who wears a helmet when riding a bicycle.	_____

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