Lesson 1

Healthy behavior

Getting accurate and reliable information to help keep your body healthy.

Health terms

accurate

common sense

credentials

data

evaluate

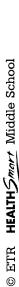reliable

stretch the truth

Student Journal
Staying Healthy for a Lifetime

Journal entry

Explain what you think people mean when they use the phrase "common sense," and give an example.

_____

_____

_____

_____

_____

_____

_____

Common Sense =

Common-sense ways to stay healthy

_____

_____

_____

_____

_____

_____

Accurate =
Reliable =

(continued)

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Student Journal
Staying Healthy for a Lifetime *(continued)*

My guide for evaluating health websites

Who created the website? This tells me:

_____

_____

_____

_____

What's the website's point of view? This tells me:

_____

_____

_____

_____

When was the website created/updated? This tells me:

_____

_____

_____

_____

Whom is the website for? This tells me:

_____

_____

_____

_____

Is the website trying to sell something? This tells me:

_____

_____

_____

_____

Getting Good Information About Health

> **Directions:** Think about what you learned today and answer the questions.

(1) Name at least 4 common-sense ways to help yourself stay healthy.

1. _____
2. _____
3. _____
4. _____

_____

(2) How can doing these things to stay healthy benefit you both now and later? Give at least 1 specific example.

_____

_____

(3) Name at least 3 sources where you can get accurate information about health and explain how you know each source is reliable.

1. _____
2. _____
3. _____

_____

(4) If you were looking for health information online, what are the 5 questions you should ask yourself about the websites you find?

1. _____
2. _____
3. _____
4. _____
5. _____

_____

> **Self-Check**
> ☐ I clearly explained how doing things to stay healthy will benefit me now and later, and gave a specific example.
> ☐ I named at least 3 accurate sources of health information and explained why each source is reliable.
> ☐ I listed the 5 questions for evaluating a health website that I learned in class.

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Check Out a Health Website

Directions: Visit and explore your assigned website. Then answer the questions.

▶ Check which website you visited:

☐ Washing hands: www.cdc.gov/handwashing

☐ Eating healthy foods: www.cdc.gov/nutrition

☐ Physical activity: www.cdc.gov/physicalactivity

☐ Rest and sleep: www.cdc.gov/sleep

☐ Protecting ears/hearing: www.cdc.gov/ncbddd/hearingloss/noise.html

☐ Protecting eyes/vision: www.cdc.gov/visionhealth/risk/tips.htm

☐ Protecting skin: www.cdc.gov/cancer/skin/

① **Who created the website?**

_____

_____

② **What's the website's point of view?**

_____

_____

_____

③ **When was the website created/updated?**

_____

_____

④ **Whom is the website for?**

_____

_____

_____

(continued)

Check Out a Health Website (continued)

5 Is the website trying to sell something? If so, what?

_____

_____

_____

6 What is something you learned from this website?

_____

_____

_____

_____

7 Is this a reliable website, and how do you know?

_____

_____

_____

_____

_____

Self-Check
☐ I visited the assigned website.
☐ I used the website to answer all 7 questions.