

Chapter 1 Learning Goals

Learning Goals

1. I understand the three aspects of the health triangle and how my choices can affect my triangle.
2. I can describe two factors that can be used to evaluate overall health.
3. I can explain how the choices that people make can affect their positions on the health continuum.

Learning Goals

1. I can identify factors that can influence a person's health.
2. I can describe three strategies that can be used to evaluate risk factors.

Learning Goals

1. I can describe the broad goals of Healthy People 2020.
2. I can identify three steps someone can take to meet their personal goals.

Learning Goals

1. I can describe how to evaluate health products, services, and information.
2. I can evaluate what advertising does and does not do for a consumer.
3. I can explain how a person can avoid health fraud.
4. I can identify my rights as a consumer.