

# Do You Think You're Healthy?

## Student Masters

### Learning Activity 1

#### Factors Affecting Health

**Psychological**

Risk Factors	Protective Factors
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**Lifestyle**

Risk Factors	Protective Factors
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**Health**

- (-) Mortality, morbidity, disability
- (+) Quality of life, well being

**Environmental**

Risk Factors	Protective Factors
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**Psycho-social**

Risk Factors	Protective Factors
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# Do You Think You're Healthy?

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### Learning Activity 2

Factors Influencing my Food Choices

Environmental

Individual

Lifestyle

Physiological

Psychological

Knowledge / Attitudes / Beliefs