Chapter 22 Health and Wellness

Directions: Identify four diseases that are linked to lifestyle choices.

Section 22.1 Learn About Wellness		
	Diseases	

Name: ______ Date: _____

Chapter 22 Health and Wellness

Directions: Describe nutrition guidelines that will help you eat right.

Section 22.2 **Positive Health Habits**

<u>Follow MyPyramid Guidelines</u>

To Do for Good Nutrition