

*Dream of a Nation***Improving Health and Avoiding Alarming Trends**

Name _____

Key Terms- Find definitions of the following key terms throughout Chapter 7 and write them in complete sentences on a separate sheet of paper.

Life Expectancy

Chronic Disease

Preventative health

Wellness

Nutrition

Chemical Toxicity

BPA

Whole foods

Extreme profits

Article Questions*Infographic*

1. What percentage of our gross national product does healthcare spending consume?
2. What are the benefits of the four, main, healthy habits?

Key Steps for a Healthy Nation

1. What determinants of your health do you have control over and how can you positively affect them?
2. Why does America rank so low in meaningful measurements of well being?

Strengthening the Food and Health Connection

3. Why are whole foods oftentimes more expensive than processed foods?
4. Brainstorm with a partner how you can introduce healthier food options into your school cafeteria.

Avoiding the Dangers of Toxic Exposure

5. Why are most chemical ingredients not regulated by law?
6. What are some products that contain toxic chemicals? How can you avoid these chemicals?

Tackling the Profit Problem in Healthcare

7. How does America spend so much on healthcare for poorer quality care?
8. What are the alternatives to the current healthcare system? How can addressing extreme profits in our healthcare system result in better care for lower cost?

Post-Reading Questions

9. Discuss with a partner how governmental policies on agricultural subsidies, toxic chemical regulation and healthcare laws can positively impact Americans' health and well being.
10. Out of all the solutions offered in these chapters which are you responsible for? Which solutions are the responsibility of the government?