

## Topic Ideas for Health

1. What is the one area in your life that you need to change to live healthier? How can you go about making that change?
2. What is the greatest health risk facing the nation today?
3. Of all the legal substances available to adults today, what is the most detrimental to their health and why? Write a letter to your Congressman or woman persuading them to try and make the substance that you choose illegal.
4. Create a balanced menu for a week. Write down portion sizes for one person. Once you've finished, explain why this is or isn't a good menu. Is it feasible or not? In other words, is this something that you could do or not? Why?
5. Think about the illnesses that run in your family. What can you do now, at your age, to try and prevent this/these illnesses from happening to you?
6. Imagine that you are in the middle stages of \_\_\_\_\_, how long would it be before your body would start to show the effects of the disease. Write down, step by step, what would happen to you within ten years of having this disease. Can and will you be cured? If so, how? How long will the cure take?
7. Of all the diseases in the world today, write down and explain at least two of them that are within your control to prevent. How would you prevent them?