

## **PROJECT: FAMILY OF HEALTHY LIVING**

Healthy living requires a combination of many things: Good nutrition, exercise, good mental and emotional health and healthy relationships with friends and family. An imbalance in one aspect may affect others, sometimes subtly, other times not so subtly.

For this project, you will need to think about how all these aspects can work together, and how you can make sure you are in balance in every area. Write a paragraph, answering each question as completely as you can.

1. Explain the relationship between nutrition, quality of life, and disease, giving specific examples to support your reasoning.
2. Describe the roles of parents, grandparents, and other family members in promoting a healthy family and how they can support mental and emotional support, giving examples (both good and bad) to support your reasoning.
3. Discuss how the dynamics of family roles and responsibilities can relate to healthy behaviors, both physical and emotional. Give specific examples to support your reasoning.