1. Health and wellbeing are a resource that can provide benefits for individuals, countries and the world as a whole. List the benefits of optimal health and wellbeing for the individual other than reducing the risk of illness and premature death.

2. Draw figure 1.21 on page 23 showing the importance of optimal health and wellbeing as a resource nationally.

3. Explain the impact of the cycle of optimal health and wellbeing through generations?

4. Optimal health and wellbeing is important as a resource globally – define communicable disease and list the direct and indirect contact examples on page 24?

5. Draw figure 1.23 into your workbook, showing the importance of optimal health and wellbeing as a resource globally.

6. How does globalisation and affordable transportation, make optimal health and wellbeing on a global scale – so important?

7. If health and wellbeing of children is poor – how does this impact on education and sustainability?

**WORK REQUIREMENT 3:** (work requirements must be submitted separately- do not complete in your workbook)

READ THROUGH THE KEY SKILLS ON PAGES 38 AND 39 SHOWING YOU HOW TO PLAN YOUR RESPONSES TO SAMPLE QUESTIONS ON THIS TOPIC – AND NOW YOU ANSWER QUESTION 9 AND 11 ON PAGE 39 AND SUBMIT FOR MARKING USING THE PLAN SUGGESTED IN YOUR READING.