Instructional Strategy 2

**How does genetics and family history impact personal health?**

Give students “My Family Health Tree” template to complete. (Adobe file-- Instructional Activity 2)

\*Provide students with questions to ask family members. (Word document Instructional Activity 2)

After completing the health tree, students should write a brief summary of their findings. Students should include how they can be preventive in their lifestyle.

These websites can help explain how to complete a family health tree.

\*Build your family health tree using careful questions

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By Evelyn Theiss, The Plain Dealer http://www.cleveland.com/healthfit/index.ssf/2011/11/build\_your\_family\_health\_tree.html

A number of websites offer guidance on how to put together a family health tree. One good one is https://familyhistory.hhs.gov from the Office of the Surgeon General.

http://www.parrishmed.com/Resources/9562/FileRepository/Service%20Pages/MyFamilyHealthPortrait.pdf

<https://familyhistory.hhs.gov/>