

## Who is the healthiest?

Rank the following situations from one to five, with one being the healthiest and five being the unhealthiest. Give an explanation justifying your ranking.

- A. Brian is 17 years old. He exercises 3 times a week and plays hockey through a local league. Everyday he skips breakfast, eats a hot dog or hamburger for lunch, then has food from a fast food establishment. Any containers from his food he leaves outside in the parking lot. He usually gets 8-9 hours of sleep a night and, when he drives home from school, goes over the speed limit by at least 20 mi/hr.
- B. Kai is 18 years old, 5'8" in height, and weighs 178 pounds. She works out 3-4 times a week and eats healthfully. She and her friends recently joined a school club and volunteer weekly at a nursing home. Kai also tries to meditate regularly for 10 minutes/day.
- C. Lee is a HS senior who is very popular. She has many good friends. She was diagnosed with HIV last year. Lee always takes her medication, follows a healthy diet and exercises 3 times during the week. She also attends regular religious meetings at her temple.
- D. Mary is very well liked by her teachers. She is an average (grade-wise) sophomore and participates in some clubs and sports which allows her to have strong friendships. Sometimes, during the day, Mary vapes; she has found that she can not go through one day or night without vaping (she often wakes up in the middle of the night to vape).
- E. Vin has not been doing well in school- his grades are low and he doesn't always attend his classes. Although he participates in many school activities, has good friends, eats according to the "food plate" and tries his best in his classes, he is not happy. He has recently begun to smoke pot; his reasoning is that due to marijuana being legal in NY, it is safe to use.