

Name: \_\_\_\_\_

**Medical Family Tree  
Cover Sheet  
FACS 1151 Wellness Nutrition  
50 points**

Submit this cover sheet with your assignment  
DUE TUESDAY, APRIL 7  
at the beginning of class

**Description of Medical Family Tree:**

**Part A.** Your medical family tree is to be diagrammed on an 8 ½” by 11” sheet of paper or cardstock. You can diagram this using the computer or you may draw it. However, if you draw your family tree, you must be extremely neat. The minimum requirement is that you, your parents, and your grandparents be included. You are encouraged to include other first-degree relatives (“blood relatives”) such as your siblings and the siblings of your parents and grandparents. You could also include your great-grandparents and their siblings. For each person you include in your family tree, indicate his or her name and known diseases or conditions. If the person is deceased, indicate the age at death. [If the information you need to construct your medical family tree is unavailable to you, email Dr. Sewell at [dsewell@abac.edu](mailto:dsewell@abac.edu) for an alternate assignment].

**Complete your medical family tree and attach this cover sheet to it.**

Point distribution (50 points possible):

20 points	Part A. Diagrammed family tree indicating relationships among individuals
10 points	Part B
10 points	Part C
5 points	8 ½” x 11 paper or cardstock; formatted according to instructions
5 points	Minimum: student, parents, and grandparents

Use your medical family tree to assess your risk for at least one hereditary disease. Hereditary diseases include Alzheimer’s, cancer, diabetes, heart disease, joint diseases, obesity, osteoporosis, Parkinson’s disease, thyroid problems, and alcoholism and others. Refer to the index in your textbook to look information pertaining to the diseases you think you are at risk of developing. This will help you in understanding these diseases and what you can do in the way of prevention.

B. Discuss the disease for which you think you might be at greatest risk. Using information you found in your textbook pertaining the disease(s), list the causes and the consequences. (If you don't have any diseases in your family's history, why do you think this is?) Type your answer in complete sentences.

C. Are there any dietary habits or lifestyle changes that you could adopt or have adopted to decrease your risk of the disease or condition listed above (be specific, do not just write that you need a healthy diet)? Type your answer in complete sentences.

Staple all materials together.