Name: Class: Number:

What is health?

Match the words in the boxes with the correct sentence.

physical health	three	mental and emotional health	risk behavior
life skill	health goal	family and social health	healthy behavior

1. The condition of your mind and feelings is your _____.

2. A _____ is an action that increases or maintains your health.

3. There are _____ parts of health.

4. The condition of your body and body systems is your _____.

5. A _____ is a skill, leant and practiced to help improve your health.

6. _____ is how you get along with others such as friends and family.

7. An action that can be harmful to your health is called a _____.

8. A goal you work towards to make you healthier is a _____.

9. Give an example of a healthful behaviour and a risk behaviour.

Healthy behavior _____

Risk behavior _____

10. Write a health goal you can make for yourself.

LIVEWORKSHEETS

Q O B T E Y F G N I H H S R L
M E X K B A Y O P E P V O I L
Z E Q J M C I R A K W N C S I
U C N I T T H L O T F U I K K
U K L T I O T F N M R V A B S
L Y S D A H Q C I J O Y L E E
F A N Q G L U F H T L A E H F
G O N O N T M N T D H P H A I
C P A O B D L D O K S K V V L
S L K O I B G L U M V P W I Q
F X X B O T D M V E W X S O G
P X K K A K O Y V T O S D U G
D F H W A M X M I F M L H R S
P H Y S I C A L E Z E I X P B
A G V W G X X R A B G R H Z S

CONDITION
EMOTIONAL
FAMILY
HEALTHFUL
HEALTH GOAL
LIFE SKILL
MENTAL
PHYSICAL
RISK BEHAVIOUR
SOCIAL

LIVEWORKSHEETS

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