

5.1 Health promotion and health education



Activity 4

True or false



Read the statements about health education. Decide if they are true 'T' or false 'F'. Circle your answers.

Health education can only be taught in schools.	T/F
Health education teaches people about health issues that are currently happening.	T/F
Health education does not use any medical science.	T/F
Health education is an important part of health promotion.	T/F
If people understand health education, they will make healthier choices.	T/F



Activity 5

Which approach?



Identify which approach to health education is being shown in each of the pictures below.



Individual approach



Group approach



Mass audience approach