

Part 1—Preview

Look at the picture. Write 3 details that you notice. Write sentences.

- 1)
- 2)
- 3)



Now write 2 questions you have about the picture.

- 1)
- 2)

Part 2—Vocabulary

Read the article. Infer the meaning of each key (important) word.

Do **NOT** copy a dictionary definition!

Infer = use context clues to guess the meaning

infirmity

access

physical

mental

resource

Part 3—Read and identify main ideas.

Good health is important. It means feeling good and being able to do the things you want to do. It means your body and mind are working well. It means you don't have any diseases or injuries. But good health is more than just not being sick. It also means feeling happy and being able to connect with other people.

There are many things you can do to stay healthy. You can eat healthy foods like fruits and vegetables. You can get regular exercise, like playing outside or going for a walk. You can get enough sleep. You can also avoid things that are bad for you, like smoking or drinking too much soda.

Good health is important for everyone. It helps us live longer and have a better quality of life. But not everyone has access to good healthcare. Some people live in places where it is hard to get the care they need. We need to make sure that everyone has access to good healthcare, so that everyone can be healthy.

The World Health Organization (WHO) has a definition of health. They say that health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This means that health is about more than just not being sick. It's also about feeling good and being able to live a full life.

There are many different types of health. We often think about physical health, which is how well our bodies work. But there is also mental health, which is how we feel emotionally. There is also social health, which is how well we get along with other people. And there is spiritual health, which is how connected we feel to something bigger than ourselves.

All of these types of health are important. They all work together to make us feel good and live a full life. We can take care of our health by making healthy choices and getting the care we need. We can also help others stay healthy by supporting them and making sure they have access to the resources they need.

Underline the topic sentence of the paragraph.

In a few words, tell the **main idea**.

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Part 4— Comprehension Questions

Answer the questions. Tell in which paragraph you found the answers.

Question	Answer	Where?
List 4 types of health.		
What healthcare resources do you use?		
Tell 3 things you can do for good health.		
What does “quality of life” mean?		
To be healthy, what should you avoid?		

Part 5—Reflection

Write a topic sentence and at least 5 detail sentences about the questions.

The article states that good health is more than not being sick or injured.

Do you agree? Explain.