



Unit Review

Health 8th Grade

Unit 8.1 *Well-being for Life*

Name: _____

Date: _____ Homeroom: _____

Holistic health

A. Instruction: Explain the following concepts:

1. Holistic Health:

2. Physical Health:

3. Mental-emotional health:

4. Social Health:

5. Lifestyles:

Components of Holistic Health

B. Instructions: Read the different actions carefully. Then, classify them into the different components of health: physical health (PH), mental-emotional health (MH) and social health (SH).

- ____ 1. Practice stress management techniques, such as meditation, deep breathing or yoga.



- ___ 2. Participate in community activities or volunteer to contribute to the well-being of the community.
- ___ 3. Perform regular aerobic exercise, such as walking, running, swimming or riding a bicycle.
- ___ 4. Maintain positive and respectful interpersonal relationships with friends, family, and neighbors.
- ___ 5. Maintain a balanced and nutritious diet, rich in fruits, vegetables, whole grains and lean proteins.
- ___ 6. Practice activities that generate joy and satisfaction, such as hobbies or creative activities.
- ___ 7. Actively listen to others and practice empathy by understanding their experiences.
- ___ 8. Get enough sleep every night, seeking seven to nine hours of quality sleep.
- ___ 9. Perform regular medical exams.
- ___ 10. Talk openly and honestly about feelings and concerns with people you trust.

Healthy Lifestyles and Practices

C. Instructions: Read each premise carefully. Then, identify with an X those that are a healthy lifestyle.

- ___ 1. Using alcohol and tobacco.
- ___ 2. Bike with your teammates.
- ___ 3. Spending long periods of time sitting.
- ___ 4. Go to the library to learn new things.
- ___ 5. Eat a variety of nutritious foods.

Personal hygiene

D. Instruction: Write a paragraph that includes five important facts of personal hygiene.



Personal hygiene items

E. Instruction: Write down five examples of personal hygiene items.

1.

2.

3.

4.

5.

Self-esteem

G. Instruction: Express in a paragraph five important facts about self-esteem in holistic health.
