

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, learnt 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.

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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  
 HEALTHFUL  
 MENTAL  
 SOCIAL

EMOTIONAL  
 HEALTH GOAL  
 PHYSICAL

FAMILY  
 LIFE SKILL  
 RISK BEHAVIOUR

