

## HEALTH SCIENCE

### Topic: Introduction to Health

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

1. Use the words in the word bank to fill in the blanks some words may be used twice.

#### WORD BANK

Daily  
Twice  
Well-being  
Works

Structure  
Science  
Hygiene

Washing  
Water  
Diseases  
Mental

Health (1) \_\_\_\_\_ is the study of the (2) \_\_\_\_\_ of the human body, how it (3) \_\_\_\_\_ and what keeps it functioning properly. Health is the state of complete physical, (4) \_\_\_\_\_, social and emotional (5) \_\_\_\_\_. To maintain good health, we should exercise four to five times a week, drink a lot of (6) \_\_\_\_\_ and eat a balanced diet.

The practices that serve to promote health and habits of cleanliness is called (7) \_\_\_\_\_. Good hygiene helps to prevent us from getting sick. It can also reduce the spread of (8) \_\_\_\_\_ to others. Good hygiene practices include (9) \_\_\_\_\_ hands after using the bathroom, bathing or showering (10) \_\_\_\_\_ and brushing and flossing (11) \_\_\_\_\_ a day.

