

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	Structure	Washing
Twice	Science	Water
Well-being	Hygiene	Diseases
Works		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.

