# ACTIVITY

## (THE IMPORTANCE OF HEALTH TO HUMAN RESOURCES)

Complete the sentences.

1. If a person is not healthy he/she may:

   (i) have to miss _____ or _____

   (ii) not have the same _____ as before

   (iii) may become seriously _____ and have to _____ his/her job.

2. Two (2) ways in which ill health affects an individual and society are:

   (i) a reduction in _____ when workers take time off

   (ii) an increase in the amount of spending on _____

3. _____ diseases are diseases that potentially can be prevented by changes in our diet, environment, and lifestyle.

4. Use the clues to identify the name of each disease.

   (i) high blood sugar: _____

   (ii) high blood pressure: _____

   (iii) caused by overuse of alcohol: _____



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5. Complete each sentence by naming the health issues found in Trinidad and Tobago.

(i) Depression is an example of _____

(ii) The corona virus causes_____

(iii) _____ fever

6. Health issues may be treated by using two types of measures. Complete the table by adding two (2) examples of each type of treatment.

| PREVENTATIVE TREATMENT | CURATIVE TREATMENT |
|---|---|
| (s): _____ | (s): _____ |
| (v): _____ | (a): _____ |

7. State who is responsible for the following ways of addressing health issues.

| | |
|---|---|
| Eating healthily and exercising regularly:_____ | Providing adequate health facilities: |



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