

Name: _____

Date _____

Grade 7

Introduction to Health Assignment

Match the following health terms with their definition by placing the correct letters on the line that matches the terms.

Heath Terms	Definitions
1 _____ Health Science	A. the way that your body functions. balanced diet
2. _____ Health	B. maintaining harmonious relationships with other living things and having spiritual direction and purpose.
3. _____ hygiene	C. A complete state of wellness and the absence of disease
4. _____ environmental health	D. Being able to express your feelings in a positive way.
5. _____ Social health	E. ability to recognize reality and cope with the demands of daily life.
6. _____ Spiritual health	F. the quality of your relationships with friends, family, teachers, and others
7. _____ emotional health	G. keeping your air and water clean
8 _____ mental health	H. The study and practice of keeping ones self and environment clean J. anything that causes the body to malfunction
9 _____ physical health	
10 _____ disease	K. The study of the human body, its form and function, ways to care for kit and diseases it may have.