



Unit Review

Health 8<sup>th</sup> Grade

Unit 8.1 *Well-being for Life*

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Homeroom: \_\_\_\_\_

**Holistic health**

**A. Instruction:** Explain the following concepts:

1. Holistic Health:

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2. Physical Health:

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3. Mental-emotional health:

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4. Social Health:

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5. Lifestyles:

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**Components of Holistic Health**

**B. Instructions:** Read the different actions carefully. Then, classify them into the different components of health: physical health (PH), mental-emotional health (MH) and social health (SH).

- \_\_\_\_ 1. Practice stress management techniques, such as meditation, deep breathing or yoga.



- \_\_\_ 2. Participate in community activities or volunteer to contribute to the well-being of the community.
- \_\_\_ 3. Perform regular aerobic exercise, such as walking, running, swimming or riding a bicycle.
- \_\_\_ 4. Maintain positive and respectful interpersonal relationships with friends, family, and neighbors.
- \_\_\_ 5. Maintain a balanced and nutritious diet, rich in fruits, vegetables, whole grains and lean proteins.
- \_\_\_ 6. Practice activities that generate joy and satisfaction, such as hobbies or creative activities.
- \_\_\_ 7. Actively listen to others and practice empathy by understanding their experiences.
- \_\_\_ 8. Get enough sleep every night, seeking seven to nine hours of quality sleep.
- \_\_\_ 9. Perform regular medical exams.
- \_\_\_ 10. Talk openly and honestly about feelings and concerns with people you trust.

## Healthy Lifestyles and Practices

**C. Instructions:** Read each premise carefully. Then, identify with an X those that are a healthy lifestyle.

- \_\_\_ 1. Using alcohol and tobacco.
- \_\_\_ 2. Bike with your teammates.
- \_\_\_ 3. Spending long periods of time sitting.
- \_\_\_ 4. Go to the library to learn new things.
- \_\_\_ 5. Eat a variety of nutritious foods.

## Personal hygiene

**D. Instruction:** Write a paragraph that includes five important facts of personal hygiene.

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## Personal hygiene items

**E. Instruction:** Write down five examples of personal hygiene items.

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## Self-esteem

**G. Instruction:** Express in a paragraph five important facts about self-esteem in holistic health.

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