



Colegio de Sta. Rosa- Trece Martires City, Inc.

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NAME: _____

Grade level: _____

SCORE: _____

Date: _____

FIRST QUARTERLY EXAMINATION IN *HEALTH* 7

I. IDENTIFY

Identify the following statement about holistic health. Write your answer on the space provided.

LC: Identify the different dimension of holistic health

- _____ 1. Is the ability to carry on with everyday activities that results from regular exercise, good nutrition, and adequate rest and sleep.
- _____ 2. Involves opening yourself to new ideas and experiences that help you make better decisions and understand others.
- _____ 3. It is the ability to understand yourself emotions to survive the challenges in life.
- _____ 4. Involves how you relate to others, get along with them, and connect with other people in the world.
- _____ 5. it is the ability to live in peace and in harmony with yourself, with your neighbor, and with your religion.
- _____ 6. Show in action your faith and beliefs.
- _____ 7. Be approachable to make friends and keep them.
- _____ 8. Ask for help and seek advice in difficult situations.
- _____ 9. Visit museum and other historical places.
- _____ 10. Rest after studying and get enough sleep.

II. ESSAY (11-25)

Explain the different health dimensions during Adolescence.

LC: Explain / discuss how changes in the health dimensions during adolescence is important.

1. PHYSICAL CHANGES

2. MENTAL CHANGES

3. EMOTIONAL CHANGES

4. SOCIAL CHANGES

5. MORAL-SPIRITUAL CHANGES



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FIRST QUARTERLY EXAMINATION IN
HEALTH 7 (PART 2)

III. SONG FOR MYSELF (26-40)

Create a song about yourself as teenager.

LC: Create or compose a song about yourself.

MY SONG