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.