What Does Health REALLY Mean?
1. Response Card Clickers
2. Health Notebooks out – on your desk;
   * opened to 2 clear pages/sheets.
3. Take a Health & Well Being Article
4. Put Permission Slips in the tray –
5. Close your notebook

An Apple a Day is NOT Enough....
IL State Standard: 23.C.3a Describe the relationships among physical, mental, and social health factors during adolescence.

- You will be able to identify different types of health that affect a student's mental, emotional, and social health.

Learning Objective: Given examples, sort the examples into one of six types of health. Defend your answer.

What Does Health Really Mean?

Answer each question as best you can. . .
If you eat right, get enough sleep, exercise, are not sick, and do not use drugs or alcohol, you are healthy.

A. True  
B. False

2. Which component of health focuses on the ability to express your emotions appropriately.

a. Spiritual Health  
b. Emotional Health  
c. Environmental Health  
d. Mental Health  
e. Physical Health  
f. Social health
3. Which component of health means having values and a purpose in life.
   a. Emotional Health
   b. Physical Health
   c. Social Health
   d. **Spiritual Health**
   e. Environmental Health

4. Which component of health refers to the quality of your relationships with others.
   a. Emotional Health
   b. Physical Health
   c. **Social Health**
   d. Spiritual Health
   e. Mental Health
   f. Environmental Health
5. Which component of health has to do with how your body works.

   a. Emotional Health
   b. Environmental Health
   c. Mental Health
   d. **Physical Health**
   e. Social Health
   f. Spiritual Health

6. Which component of health has to do with coping with the demands of day-to-day life.

   a. Emotional Health
   b. Environmental Health
   c. **Mental Health**
   d. Physical Health
   e. Spiritual Health
   f. Social Health
7. Living in a home with smokers is an example of unhealthy:

a. Physical health
b. Mental health
c. Social health
d. **Environmental health**
e. Spiritual health

8. Eating disorders, depression, phobias, low self esteem - these fit into the category of poor:

a. Physical health
b. Emotional health
c. **Mental health**
d. Social health
e. Spiritual health
f. Environmental health
9. Which component of health is taking care of the living and nonliving things around you.
   a. Emotional Health
   b. Spiritual Health
   c. Social Health
   d. **Environmental Health**
   e. Mental Health
   f. Physical Health

10. Which component of health has to do with being able to work well in a group?
   
   A. **Mental health**
   B. **Social health**
   C. Emotional health
   D. Physical health
   E. Spiritual health
   F. Environmental health
**TAPE the outside EDGE of the article into your INB**

Date _______

**Health and Well-Being**

- Physical health is the component of health that is probably the most obvious to you. The first day you feel bad health. The second day, you may feel even worse.

- Emotional health is important for your life. It’s the way you deal with stress and how you handle problems.

- Financial health involves being able to afford the things you need. It’s the ability to make ends meet.

- Social health refers to the quality of your relationships with others. A strong support system helps you feel good about yourself.

- Intellectual health involves being able to learn new things. It’s the ability to think and reason.

- Environmental health is the quality of your living and working conditions. It’s the physical environment around you.

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**Draw 6 boxes on the opposite page; margin to margin.**

Date _______

Health and Well-Being

- Physical health is the state of well-being. There are many parts of health: physical, emotional, social, mental, spiritual, and environmental. To be considered in good health, a person must have all of these parts in balance.

- Emotional health is important for your life. It’s the way you deal with stress and how you handle problems.

- Financial health involves being able to afford the things you need. It’s the ability to make ends meet.

- Social health refers to the quality of your relationships with others. A strong support system helps you feel good about yourself.

- Intellectual health involves being able to learn new things. It’s the ability to think and reason.

- Environmental health is the quality of your living and working conditions. It’s the physical environment around you.
Label each box a Types of HEALTH

1. Draw 6 boxes; Label each with the type of health.
2. Write a definition and at least 2 clear examples of each type of health. (3)
3. Shade in each box in a different color - DO NOT cover the writing inside.

Health is

1. **Health** is the state of well-being.
2. There are many parts of health - physical, emotional, social, mental, spiritual, and environmental.
3. To be considered in good health, a person must have all of these parts in balance.
Physical Health

has to do with how your body works.
- This includes
  - eating nutritious meals,
  - exercising,
  - keeping your body at an appropriate weight.
  - not putting illegal drugs into your system or drinking alcohol.
  - means to not be suffering from a disease.

Emotional Health

focuses on being able to express your emotions appropriately.
- This expression should be positive.
- You can cope even in unpleasant situations.
- You how to lean on others
- You can ask for help when you need to.
Social Health

the quality of your relationships with others.

- It means a person
- can work well with others
- stay away from those who might not respect him.
- respects others,
- has supportive relationships,
- can express needs to those around him.

Mental Health

has to do with coping with the demands of day-to-day life.

- not having a mental illness such as a phobia,
- having self-esteem.
- being happy with the person you are.
- being comfortable with yourself.
Spiritual Health

means having a purpose in life.
- having a sense of values or strong beliefs and ideals, and living according to them.
- For some, it may involve a specific religion. For others, it may not.

Environmental Health

is taking care of the living and nonliving things around you.
- keeping your air clean,
- keeping your water clean,
- keeping your food safe
- keeping the land safe.