

NAME: _____

CLASS: _____

DATE: _____

1. Which of the following describes mental health?

- | | | | |
|-------------------------|---|-------------------------|--|
| <input type="radio"/> A | The ability to get through our daily activities without feeling fatigue. Exercising, eating healthy, and avoiding harmful substances helps to improve this health behavior. | <input type="radio"/> B | When you feel secure, safe, and relaxed we are healthy in this way. Someone who has good health has an open mind, heart, and high self esteem. |
| <input type="radio"/> C | The ability to form healthy relationships and knowing how to handle difficult social situations in beneficial to our health. | <input type="radio"/> D | How we think, feel, and act is all a part of this health behavior. Being healthy in this way helps determine how we handle stress, relate to others, and make choices. |

2. Which of the following describes social health?

- | | | | |
|-------------------------|---|-------------------------|--|
| <input type="radio"/> A | When you feel secure, safe, and relaxed we are healthy in this way. Someone who has good health has an open mind, heart, and high self esteem. | <input type="radio"/> B | How we think, feel, and act is all a part of this health behavior. Being healthy in this way helps determine how we handle stress, relate to others, and make choices. |
| <input type="radio"/> C | The ability to get through our daily activities without feeling fatigue. Exercising, eating healthy, and avoiding harmful substances helps to improve this health behavior. | <input type="radio"/> D | The ability to form healthy relationships and knowing how to handle difficult social situations in beneficial to our health. |

3. Which of the following describes physical health?

- | | | | |
|-------------------------|---|-------------------------|--|
| <input type="radio"/> A | The ability to get through our daily activities without feeling fatigue. Exercising, eating healthy, and avoiding harmful substances helps to improve this health behavior. | <input type="radio"/> B | How we think, feel, and act is all a part of this health behavior. Being healthy in this way helps determine how we handle stress, relate to others, and make choices. |
| <input type="radio"/> C | The ability to form healthy relationships and knowing how to handle difficult | <input type="radio"/> D | When you feel secure, safe, and relaxed we are healthy in this way. Someone who |

Activity 1guided Reading Chapter 4 Health

F Rizvi



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