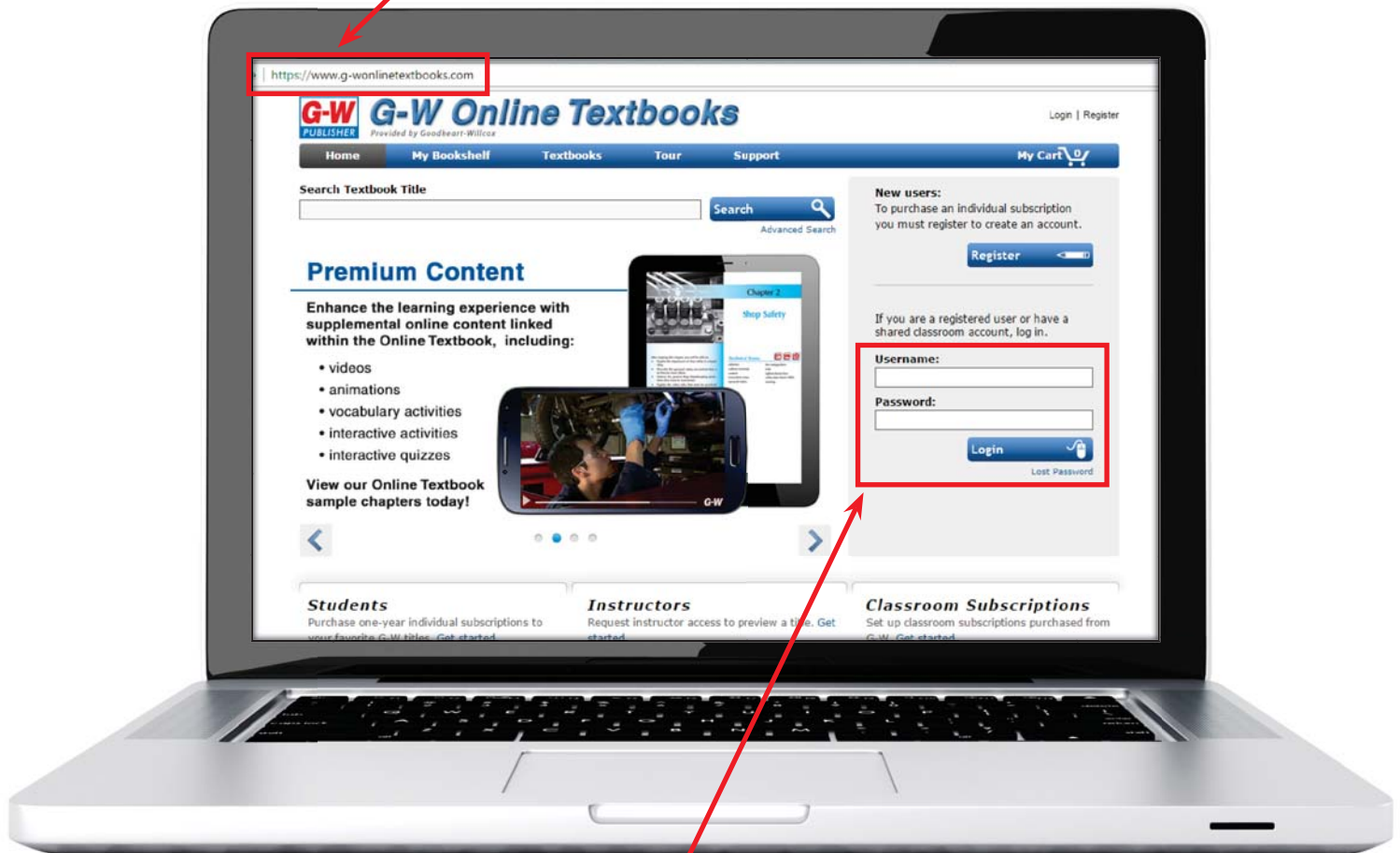


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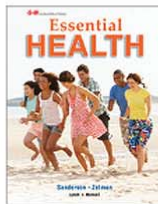
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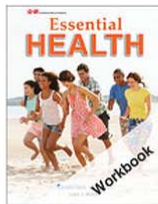


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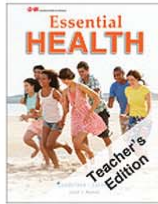
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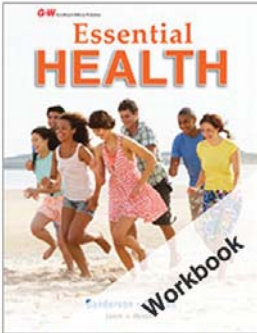
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Essential Health | Student Workbook

Lesson 1.1: Key Terms Review

Multiple Choice: Select the letter that corresponds to the correct answer in the blank space.

- Which of the following refers to a healthy balance of physical, emotional, intellectual, and social health?
- Which of the following does not describe a disorder?
- The flu and chicken pox are examples of _____.
- Cancer, heart disease, and diabetes are examples of _____.
- On the health and wellness continuum, the opposite of disease and early death is _____.
- What traits characterize people who are in a state of well-being?
- A disease indicator that is sensed by the sick person is called a(n) _____.
- An outward indicator of disease that can be detected and measured by other people is a(n) _____.

Match the description with the dimension of health it describes. Write the letter corresponding to the answer in the blank space. One term will not be used.

- Involves communication skills, relationships, and the ability to interact with others.
- Involves your body, including physical fitness and the ability to cope with everyday physical tasks.
- Involves your emotions, mood, outlook on life, and beliefs about yourself.
- Involves your ability to think clearly and critically, learn, and solve problems.
- Emotional health
- Intellectual health
- Physical health
- Social health
- Optimal health

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Name _____ Date _____

Lesson 1.1

Key Terms Review

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- Which of the following refers to a healthy balance of physical, emotional, intellectual, and social health?
A. well-being
B. optimal health
C. wellness
D. disorder
- Which of the following does not describe a disorder?
A. an abnormal physical condition
B. a condition that appears to have no single cause
C. a condition that has a single, specific, identified cause
D. all of the above
- On the health and wellness continuum, the opposite of disease and early death is _____.
A. sign
B. symptom
C. impairment
D. disorder
- Cancer, heart disease, and diabetes are examples of _____.
A. chronic diseases
B. acute diseases
C. disorders
D. all of the above
- On the health and wellness continuum, the opposite of disease and early death is _____.
A. sign
B. symptom
C. impairment
D. disorder
- What traits characterize people who are in a state of well-being?
A. They feel a sense of purpose.
B. They feel fulfilled.
C. They feel productive.
D. all of the above
- A disease indicator that is sensed by the sick person is called a(n) _____.
A. sign
B. symptom
C. impairment
D. disorder
- An outward indicator of disease that can be detected and measured by other people is a(n) _____.
A. sign
B. symptom
C. impairment
D. disorder

Matching: Match each description with the name of the dimension of health it describes. Write the letter corresponding to the answer in the blank space. One term will not be used.

- Involves communication skills, relationships, and the ability to interact with others.
- Involves your body, including physical fitness and the ability to cope with everyday physical tasks.
- Involves your emotions, mood, outlook on life, and beliefs about yourself.
- Involves your ability to think clearly and critically, learn, and solve problems.
- Emotional health
- Intellectual health
- Physical health
- Social health
- Optimal health

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