

Chapter 6: Health, Wellness, Illness, and Disability

STUDENT ASSIGNMENT

Date: _____ Name: _____

MATCHING

Match the terms with the correct definitions.

- | | |
|---------------------|--|
| a. Physical health | 1. ____ Achieved through stable and satisfying relationships |
| b. Emotional health | 2. ____ Achieved through belief in a purpose greater than |
| c. Social health | the self |
| d. Spiritual health | 3. ____ Achieved when the body is strong, fit, and free of |
| e. Cognitive health | disease |
| | 4. ____ Achieved through an active, creative mind |
| | 5. ____ Achieved when people feel good about themselves |

6. List the main personal factors that can influence our health:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

7. List the 12 determinants of health as identified by Health Canada:

- a. _____
- b. _____
- c. _____
- d. _____

e. _____

f. _____

g. _____

h. _____

i. _____

j. _____

k. _____

l. _____