Health Triangle - Positive and Negative Concept Maps

Components of Health

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part I – Questions: 5 points possible (1 points each)**

**“Health is not just the absence of disease.”**

1. Explain what the statement above means.
2. When might you be without physical disease and still not have physical health?
3. How would you describe people who are socially healthy?
4. How can you tell if someone is mentally/emotionally healthy?
5. What is meant by spiritual health?

**Part II – Project: 25 points possible**

After answering the previous questions, create a collage of pictures showing your own concept map of YOUR Triangle of Health. Include all 3 components of health.

Rubric: (5 points each)

1. You will need to list one positive aspect and one negative aspect of each one of the health components.

Example: positive physical – I play soccer for Harrison & negative physical – I don’t eat breakfast.

1. Explain how you can improve your negative aspect.
2. You must illustrate each positive and negative aspect on your poster
3. Define each of the components of health
4. Poster must be in color.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ out of 30 points