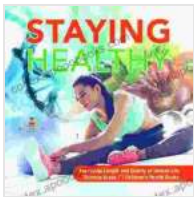


Staying Healthy: Improving Length and Quality of Human Life - Science Grade

Staying Healthy: Improving Length and Quality of Human Life - Science Grade provides students with a comprehensive understanding of the factors that contribute to a healthy lifestyle. This book covers topics such as nutrition, exercise, mental health, and environmental health. It also includes a glossary of terms and a list of resources for further study.



Staying Healthy | Improving Length and Quality of Human Life | Science Grade 7 | Children's Health Books

by Baby Professor

★★★★☆ 4.7 out of 5

Language : English

File size : 52455 KB

Screen Reader : Supported

Print length : 72 pages



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Chapter 1: Nutrition

Nutrition is the science of food and its relationship to health. Eating a healthy diet is essential for maintaining a healthy weight, reducing the risk of chronic diseases, and improving overall well-being. In this chapter, students will learn about the different types of nutrients, the importance of eating a balanced diet, and how to make healthy food choices.

Chapter 2: Exercise

Exercise is any bodily activity that increases the heart rate and breathing. Regular exercise is essential for maintaining a healthy weight, reducing the risk of chronic diseases, and improving overall well-being. In this chapter, students will learn about the different types of exercise, the importance of exercising regularly, and how to develop an exercise plan that is right for them.

Chapter 3: Mental Health

Mental health is just as important as physical health. Mental health refers to our emotional, psychological, and social well-being. Good mental health allows us to think clearly, make decisions, and cope with stress. In this chapter, students will learn about the different aspects of mental health, the importance of maintaining good mental health, and how to get help if they are struggling with mental health issues.

Chapter 4: Environmental Health

Environmental health is the study of how the environment affects our health. The environment includes everything from the air we breathe to the water we drink to the soil we grow our food in. Environmental health is important because it can impact our physical health, mental health, and

overall well-being. In this chapter, students will learn about the different aspects of environmental health, the importance of protecting the environment, and how to make healthy choices that protect the environment.

Glossary

The following is a glossary of terms that are used in this book:

- **Aerobic exercise:** Exercise that increases the heart rate and breathing for an extended period of time.
- **Anaerobic exercise:** Exercise that is intense and short-lived.
- **Balanced diet:** A diet that includes a variety of nutrient-rich foods.
- **Chronic disease:** A disease that lasts for a long period of time.
- **Environmental health:** The study of how the environment affects our health.
- **Mental health:** Our emotional, psychological, and social well-being.
- **Nutrient:** A substance that is necessary for the body to function properly.
- **Obesity:** A condition in which a person is significantly overweight.
- **Physical health:** Our overall physical well-being.
- **Sedentary:** Not active or moving.

Resources

The following is a list of resources that can provide more information on the topics covered in this book:

- Centers for Disease Control and Prevention
- American Heart Association
- American Cancer Society
- National Institute of Mental Health
- Environmental Protection Agency

Staying Healthy: Improving Length and Quality of Human Life - Science Grade is a comprehensive resource for students who are interested in learning more about the factors that contribute to a healthy lifestyle. This book is written in a clear and concise style, and it includes a variety of learning activities that help students to understand the concepts presented in the book. If you are looking for a book that will help you to improve your health, then Staying Healthy: Improving Length and Quality of Human Life - Science Grade is the perfect book for you.



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