

SIGNS OF GOOD HEALTH

Name _____ Period ____ Assign #

Directions: Find a picture of someone you believe shows the signs of good health. Tape the picture to this worksheet. To the right of the picture describe the signs of good health you see in the picture.

	SIGNS OF GOOD HEALTH:
	WEIGHT: POSTURE: MUSCLES: SKIN: HAIR: TEETH: EYES: SLEEP: ATTITUDE: BEHAVIOR:

Which of the signs of good health are hardest to identify from the pictures? Why?

Which of the above signs of good health do you feel you have?

Which of the above signs of good health do you need to improve?