

Week 1- 3

Physical and Emotional Health Habits

1. Explain what it means to be physically healthy and emotional healthy.
2. What are three causes of ill health?
3. What are four causes of mental ill health?
4. Outline atleast five symptoms of poor emotional health.
5. What are five good emotional and physical health habits?
6. What the primary, secondary and tertiary health care is concerned with?
7. Since we are currently dealing with a pandemic disease. Draw two scenes to show poor health practice and two scenes to show how you can practice good health sanitation.

Growth and Development

1. Define the term Growth and development.
2. Identify the stages of development during the course of an individual life.
3. State and explain the three stages of **pre-natal** development.
4. Examine the stage of adolescence closely and state:
 - (a) The age range for this period.
 - (b) The most important changes that took place during this stage and why.
 - (c) The physical development of the boys and girls.

The Emotional and Psychological Development of the adolescent.

What is:

- (a) Identity Crisis
- (b) The Period of experimentation
- (c) Identity Achievement
- (d) Emotional Autonomy

Assignment # 1

Choose ANY weather instrument and make a model of it. You should know to explain how it works and which weather element it is used to measure. (20 marks)

Due Date: 08th May 2020

Note: Please remember to study for your end of term exams.