

**FAMILY HEALTH- PORTFOLIO ENTRY SLIP**

Student \_\_\_\_\_ Date March 2, 2006

Assignment Health Triangle

**A. EALRS AND GLES:** Select and check the EALRS and GLES that are relevant to this assignment.  
The EALRS are numbered 1,2,3 and 4. The GLES are sub points (1.3) under the EALR

**Health and Fitness:**

\_\_\_\_\_ 1. The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

\_\_\_\_\_ 1.3 Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals

\_\_\_\_\_ 1.4 Understand the relationship of nutrition and food nutrients to physical performance and body composition

2. The student acquires the knowledge and skills necessary to maintain a healthy life: Recognize patterns of growth and development, reduce health risks, and live safely.

2.3 Acquire skills to live safely and reduce health risks

\_\_\_\_\_ 3. The student analyzes and evaluates the impact of real-life influences on health.

\_\_\_\_\_ 3.1 Understand how environmental factors affect one's health (air, noise, water, chemicals)

\_\_\_\_\_ 3.2 Gather and analyze health information

\_\_\_\_\_ 3.3 Use social skills to promote health and safety in a variety of situations

\_\_\_\_\_ 3.4 Understand how emotions influence decision making.

\_\_\_\_\_ 4. The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

\_\_\_\_\_ 4.1 Analyze health and safety information

\_\_\_\_\_ 4.2 Develop a health and fitness plan and a monitoring system.

**Reading EALRS:**

3. The student reads different materials for a variety of purposes

**Writing EALRS:**

2. The student writes in a variety of forms for different audiences and purposes

**Communications:**

\_\_\_\_\_ 1. The student uses listening and observation skills to gain understanding

3. **The student uses communication strategies to work effectively with others**

**B. Purpose:** What new things did I learn, or what skills/knowledge did I improve by completing this assignment?

The new things I learned by completing this assignment is how the health triangle meets my daily life decisions. I learned why it is important to have a balanced health triangle ; social, physical, and mental / ernalional.

**C. Connection to EALR/GLE:** Why am I learning these skills or reviewing this information? (Refer to EALRS above)

I am learning these skills and reviewing this information because it acquires skills for me to live safely and reduce health risks.

**D. Application:** How will I use these skills and/or information in the future: school, personal life, and/or careers?

I will use these skills and/or information in the future for my personal life. I want to live a healthy life and maintain a healthy way and it acquires me to have the knowledge.

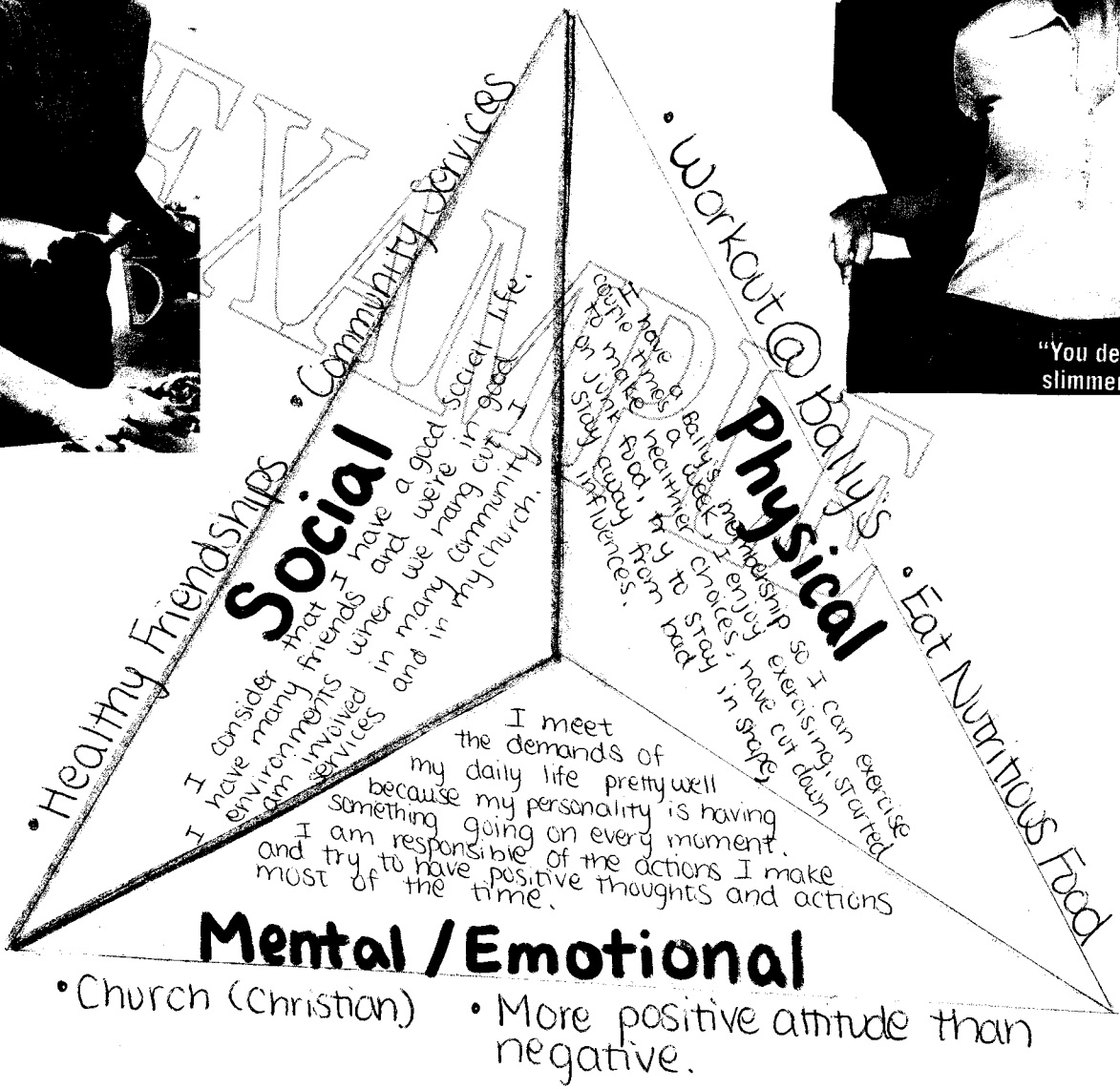
**E. Evaluation:** What did I do well? What could I do to improve the work I did on this project?

What I did well on this assignment was meeting all of the expectations and getting a perfect score. What I would do to improve this assignment is follow directions; I put the picture on the wrong side.

Health, period 1 +40  
 nice job!



"You deserve to be slimmer, healthier."

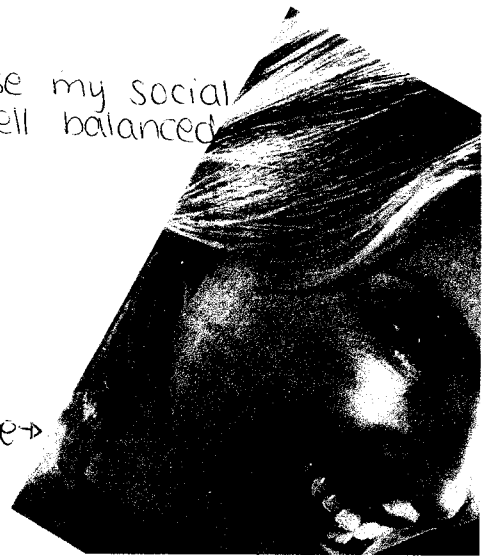


Depression ↓

My three triangles are similar sizes because my social life, physical, and mental/emotion are well balanced



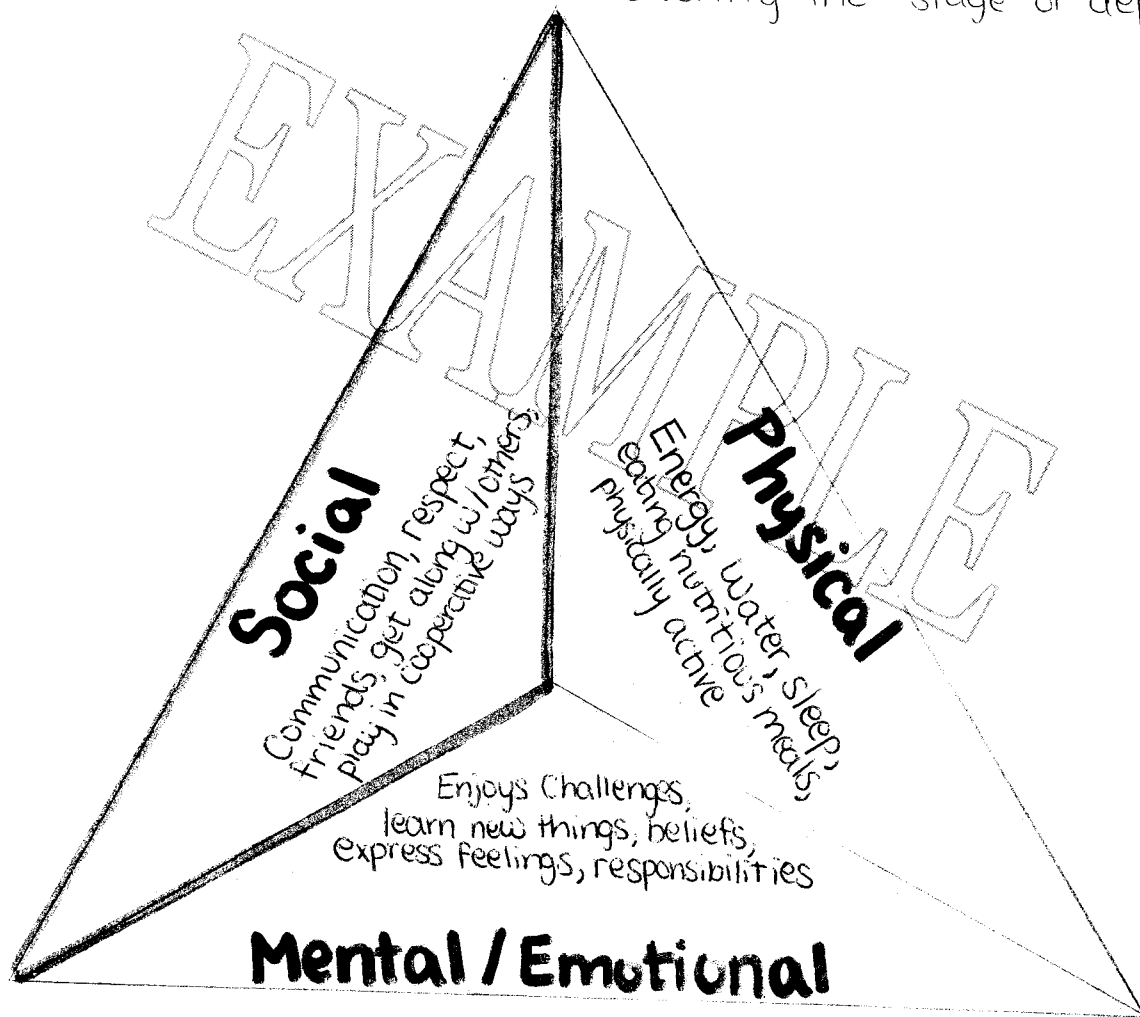
Depression Free →



# The Health Triangle

Health, period 1

Your social health is affected by your physical health because some people may not have a healthy social life because they are insecure about their physical appearance. They need to do something about it or else they will approach life in general negatively. Your social health is also affected by your <sup>(mental)</sup> emotional life. If you always negative it will be harder to meet new people and to associate. When you feel this way you want to be left alone and be entering the stage of depression.



It is important to have all three sides; social, physical, and mental/emotional. Your physical health has to do with how well your body functions. When you are in good physical health, you have enough energy to perform the activities of daily life and to cope with everyday challenges and stresses. Mental/Emotional Health are your feelings and how well you meet the demands of daily life, and your ability to process information are all important parts of your mental/emotional health. Your social health involves the way you get along with others.