

13 Health

Health education provides learners with an introduction to the human body and ways to prevent illness and promote health. Three goals of health education are to increase a child's health knowledge, to create positive **attitudes**, and to promote healthy behavior. Students learn various health themes: **nutrition**, disease prevention, **reproduction**, drug and alcohol abuse prevention, and safety (crossing streets, riding bikes, and first aid). In Japan, the number of overweight and **diabetic** youth has been increasing. Awareness of the causes of these conditions can help people avoid being affected by them. To reduce **fatal** diseases such as heart disease, the Japanese government made a policy of health examinations in 2008. People at risk are given information or medicine.

Check the above bold words and read the paragraph. Challenge words are in red.



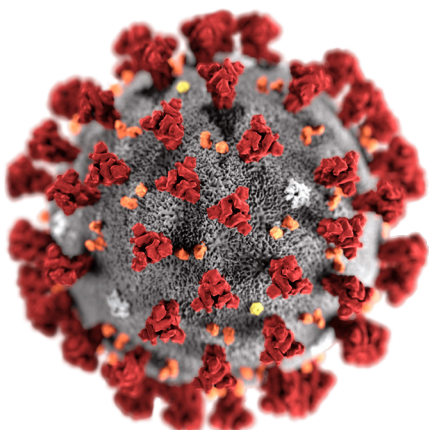
bed nets
malaria
mosquito

HIV
AIDS
immune system



carry
malaria
pregnancy

immunization
a shot
vaccine



COVID-19
origin
bat

virus
fever
symptom

