

Instructions

Read the following questions carefully and answer them to the best of your ability. Use complete sentences for your answers.

Part 1: Recognizing Health Care Needs

1. What are some signs that you might need to see a doctor? List at least three.

2. Why is it important to seek health care when you are feeling unwell? Explain your answer in 2-3 sentences.

3. Describe a situation when you think it is essential to seek health care, and explain why it is important.

Part 2: The Role of Health Care in Personal Health

4. How can regular check-ups with a doctor contribute to better health? Provide at least two benefits.

5. Explain how receiving vaccinations plays a role in your overall health and the health of your community.

6. Reflect on your own health care choices. What can you do to ensure you are taking care of your health? List two or three actions.

Part 3: Personal Reflection

7. Think about a time when you or someone you know didn't seek health care when it was needed. What happened as a result, and what could have been done differently?

8. Lastly, why do you think understanding health care is essential for your personal growth and development? Write a short paragraph explaining your thoughts.