

HEALTH EDUCATION – 7th Grade

health, performance, operational, well-being, physical health ,psychological health, social health, self-assessed health, safety ,self-assessed safety, genes, genetics, environment, accident, health knowledge, knowledge, health skills, ability to read one´s health, safety skills, self knowledge, self-preservation, critical thinking, ethical responsibility, World Health Organization, health services
media, media content, social media, photo editing, compulsive, statutory age limits, symbols describing the content, violence, sex, anxiety, intoxicant, media skills, media literacy, assessment of the reliability of information, expertise, impartiality, validity, topicality, need, image, emotional means, ways to appeal, target group, privacy policy, copyright
stage of life, birth, childhood, adolescence, adulthood, adult, old age, life expectancy, death, brain dead, organ transplant
safety net, mental health, mental well-being, resource, support, choices, interpersonal relationships, emotions
exercise, hobbies, sleep, rest, nutrition, diet, creativity, excessive sitting, sleeping difficulties, learning difficulties, adversities, strengthen, weaken, temperament, personality, self-perception, uniqueness, growth, self-esteem, given self-esteem, acquired self-esteem, special education
basic emotions, emotional skills, awareness of emotions, naming emotions, identifying emotions, joy, relief, happiness, excitement, pleasure, relaxation, anger, shame, envy, humiliation, irritation, strength, rage, energy, frustration, surprise, delight, amazement, tension, shock, fear, numb, embarrassment, concern, caution, shyness, love, affection, infatuation, trust, tenderness, grief, disappointment, yearning, outsider, low spirits, languor, emotional regulation
body clock, melatonin, daily rhythm, spare time, meal rhythm, main meal, health recommendations, screen time, rhythm change, activity rate, need of sleep, quality of sleep, the amount of sleep, growth hormone, recovery, sleeping stages, light sleep, deep sleep, REM sleep, insomnia, daytime tiredness, regular sleep pattern, evening routines, sleeping environment
hygiene, sweating, skin problems, sebaceous gland, oily skin, hormone action, pimple, acne, tattoo, piercing, inflammation, infection, allergy
dental care, oral hygiene, tooth decay, dental caries, gingivitis, acid erosion, xylitol, calculus, dental enamel, tooth sensitivity to cold or hot , dental hygienist
inactivity, posture, working posture, ergonomics, proper lifting technique, sedentary, pause, daily exercise
daily activity, proper sitting position, physical exhaustion, safe lifting
puberty, hormones, puberty growth spurt, individualism, female body shapes, external female genitalia, internal female genitalia, clitoris, pelvic floor muscles, labia majora, labia minora, vagina, pubic hair, hymen, Fallopian tubes, ovaries, uterys, leukorrhea, vaginal yeast infection, menstruation, menstrual period, menstrual fluid, sanitary pads, tampons, menstrual cups, sanitary napkins, sexual maturity, ovulation, endometrial tissue, sexual intercourse, penetration, birth control, contraception, fertilization, conception, testicles, scrotum, penis, glans penis, foreskin, seminal vesicle, prostate, sperm cell, urethra, vas deferens, epididymis, erectile tissue, erection, sexual arousal, ejaculation, sperm, voice crack, mammary gland growth
sexuality, sexual health, sexual self-concept, infatuation, dating
addiction, satisfaction, compulsive behavior, physical addiction, mental addiction, social addiction, admitting reality. recognizing the situation, professional help, game addiction, compulsive gaming, age limit, screen time recommendation, moderateness
smoking, tobacco, snuff, nicotine, nicotine receptor, tar, smoker´s cough, lung cancer, laryngeal cancer, chronic obstructive pulmonary disease, carbon monoxide, cardiovascular disease, electronic cigarette, passive smoking, respiratory infection, asthma, tobacco law, subliminal advertising, motivation, decision to quit smoking, withdrawal symptom, nicotine replacement therapy, child labor, tobacco company
pedestrian safety reflector, pedestrian, bicycle helmet, safety belt, road traffic accident, traffic rules, vehicle control skills, attitude, moped, derestricting, car accessories, moped accessories, swimming skill, life jacket, ice claw, hypothermia
bullying, unintended offense, physical bullying, verbal bullying, social bullying, defending, loneliness, team spirit, depression