

UNIT 1: LEARNING LOG

WHAT HEALTH MEANS TO ME

1. What I got out of today's session.
(Interesting information, anything new learned, enjoyed the session etc.)

2. Things I would like to know more about.
(Questions I have in my mind. Things I don't quite understand.)

3. What I put in to today's session.
(How I feel I contributed - listening well, supporting, offering my views etc.
Note any difficulties, and how these felt.)



UNIT 1: LEARNING LOG (CONT)

4. Effects on individual health.

List at least 5 things that affect your health as an individual.

4. Effects on community health.

List at least 5 things that have an impact on the health of your community.

6. Connections and links.

Can you give 1 example of how a community health issue affects your health as an individual?

