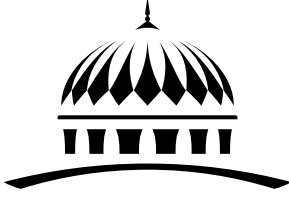


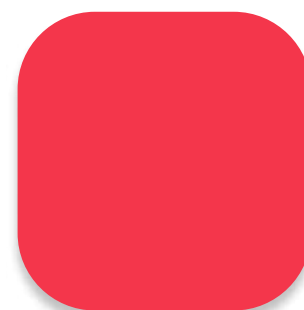
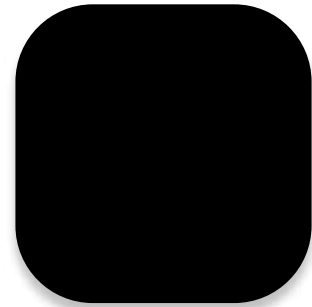
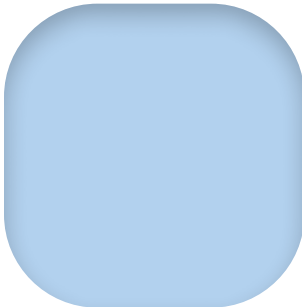
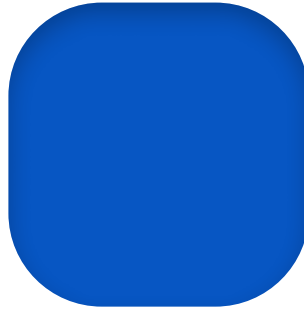
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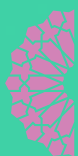




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## Health Awareness and Nutrition Course Assistant





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**L1**



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**Test your  
knowledge**



Health is a state of complete  
physical, mental and social  
well-being and not merely the  
absence of disease or infirmity

**True**

**Fasle**





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Health and Nutrition.



### Lesson 07

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### Lesson 19

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# Lesson 01



**Assignments**  
Intro to the course.



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## Course Material



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# Chapter 1



Lesson 1



Lesson 2



Lesson 3



Lesson 4







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# Let's Test Your Knowledge !

What is the definition of health according to the WHO?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

Health is a state of incomplete physical, well-being and merely the absence of disease or infirmity

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