

Aids to Health

Chapter 18: Aids to Health · Topic 1

Key Concept

Good nutrition, regular exercise, adequate sleep, and proper hygiene are fundamental aids to maintaining good health.

Vaccination protects against many infectious diseases by helping the immune system recognise and fight specific pathogens.

Medical technologies, like X-rays, diagnostic tests, and treatments, help detect and manage health conditions effectively.

Health education and awareness programs help people make informed decisions about their health and access appropriate care when needed.

Quick Revision Notes

- Nutrition, exercise, sleep, hygiene are health fundamentals.
- Vaccination protects against infectious diseases.
- It helps the immune system recognise pathogens.
- Medical technologies aid diagnosis and treatment.
- Examples: X-rays, diagnostic tests.
- Health education promotes informed decisions.
- It helps people access appropriate care.
- These aids together support overall wellbeing.

Practice Questions

- 1 List three fundamental aids to health.
- 2 Discuss how vaccination protects us.
- 3 Research a medical technology and its use.
- 4 Explain why health education is important.
- 5 Discuss a health aid you use in daily life.
- 6 Create a poster promoting health aids.