

Minnesota Department of Health ELL Health Curriculum Answer Key – Lesson 11

Lesson 11: Behavioral/Mental Health

Reading Comprehension

1. Eating healthy foods, getting enough sleep, regular physical exercise
2. No. It includes parenting programs, support groups, stress management, psychotherapy and counseling

Answers will vary

Vocabulary Card Match

1. ACCULTURATION & The process of learning, adjusting and adapting to a new culture.
2. COUNSELOR & A counselor is a person who is trained to listen carefully and talk with others in helpful ways.
3. PSYCHIATRIST & A medical doctor (M.D.) who specializes in treating behavioral health conditions and mental illnesses.
4. PSYCHOLOGIST & A person with a Ph.D or Psy.D degree who has training and expertise in behavioral health care.
5. emotions & Feelings: happiness, sadness, anger, excitement, boredom, fear
6. MOOD & A way of feeling that lasts longer than a few moments.
7. SOCIAL SUPPORT & Feeling and knowing that you have other people who care about you and can help you when you need it.
8. TRAUMA & An overwhelming experience involving intense fear, helplessness, or threat to one's life

Conversation

She should get her blood pressure checked often. She should eat more fruit and vegetables. She should get 30 minutes of physical exercise each day.

Definitions Match and Complete the Sentence

1. h

2. d
3. a
4. g
5. b
6. c
7. e
8. f

Cloze paragraph order: behavioral health, mental health, coping, stress, physical exercise, social support

Quiz

1. d
2. c
3. a
4. d
5. d
6. d
7. a
8. Talk to doctor, websites: MDH, NAMI-MN

CCRS STANDARDS ALIGNMENT:

CCR Anchor 1 (Reading): Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

- Ask and answer questions about key details in a text.