

# Minnesota Department of Health EL 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.