

DHTA1

SESSION 1

1.1 Awareness about health self-knowledge

SELF ASSESSMENT

Printable version





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Partners

stift tilbeck
WILLKOMMEN.



SELF ASSESSMENT TEST



This is a simple test, just 4 questions to check if you've grasped the essential concepts. Put a check mark ✓ in the box next to the correct answer

What self-knowledge means?		
QUESTION 1	The better you know your mind and body, the better you can take care of your health.	
	This means that my family and my doctor know me perfectly.	

Does good self-knowledge help you feel better?		
QUESTION 2	No, that's handled by relatives and professionals at the center.	
	Yes, because I recognize my body's signals and sensations better.	

Which of these options is a good decision, given that you know your body reactions?		
QUESTION 3	I don't drink sugary cola drinks because they make me nervous.	
	I drink coffee 3 times a day because I like it, even though it makes me jittery.	

Which of these statements is true?		
QUESTION 4	It's good for me to eat fruits, legumes, and vegetables every day.	
	One day a week you should eat exclusively fruits and vegetables.	

Answer key

QUESTION 1	The better you know...	
	This means...	
QUESTION 2	No, that's handled...	
	Yes, because...	
QUESTION 3	I don't drink sugary cola...	
	I drink coffee...	
QUESTION 4	It's good....	
	One day...	