

Question 1

Analyse how the relationship between health and well-being can impact personal development and overall quality of life.

Question 2

Discuss the importance of nutrition and healthy eating habits for maintaining physical health.

Question 3

Explore the concept of emotional intelligence and its role in promoting resilience and self-awareness.

Question 4

Assess the effectiveness of substance abuse prevention programs in schools and communities.

Question 5

Evaluate the influence of media on health beliefs and behaviors.

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