

Lesson Plan

Which Definition?

Series: Dimensions of Health

Level: Navigator

Objective

To help students practice looking up unfamiliar terms in dictionaries and selecting the appropriate definition from a list of options.

Supplies

- One or more books in the Dimensions of Health series
- Whiteboard
- Merriam-Webster Online Dictionary: <https://www.merriamwebster.com/>
- Which Definition? worksheet (attached)
- Pencils

Before the Activity

Print a copy of the Which Definition? worksheet for each student.

Activity

The Dimensions of Health series describes several types of wellness. Some types, such as physical health, are mainly about one person's mind and body. Other types, such as social health, focus on groups of people. Each of these types is known as a "dimension." Write this word on the whiteboard. Then look it up in the Merriam-Webster Online Dictionary.

Merriam-Webster's entry for "dimension" includes several sections. Show this definition to students. Explain how the numbers and letters divide the entry into different ways the word can be used. When students are looking a new word up in a dictionary, they might find entries like this that include several forms of the word. Students can read through the options and find the one that makes the most sense in the context. For "dimension," definition 1e fits the word's use in the Dimensions of Health series: "One of the elements or factors making up a complete personality or entity."

Pass out the Which Definition? worksheet. The worksheet has 10 excerpts from books in the Dimensions of Health series. Each excerpt has a bolded word. Students should look this word up in the Merriam-Webster Online Dictionary. Students should read through the different parts of each definition. They should write down the form of the definition that matches the sentences the best.

Evaluation

Collect the worksheets at the end of the activity. Use the attached answer key as a guide to give students 1 point for each correct definition, for up to 10 points total.

Standards

This lesson may be used to address the Common Core State Standards' reading standards for informational text, grade 6 (RI 6.4), and language standards, grade 6 (L 6.4, 6.5), and the National Council for Social Studies standard 4.

Which Definition?

Look each bolded term up in the Merriam-Webster Online Dictionary. Read the list of definitions and write down the one that is the best match for this context.

1. Many factors affect a community's health. Some factors are **environmental**. They have to do with people's surroundings.

Definition: _____

2. Some types of health are about one person. But **public** health focuses on large groups of people. It measures how healthy a community is.

Definition: _____

3. **Physical** health measures how well a person's body functions.

Definition: _____

4. And **therapists** can teach skills for dealing with difficult thoughts or feelings.

Definition: _____

5. Access to **resources** often plays a role. For example, people who live in places without clean water are more likely to get sick.

Definition: _____

6. **Social** health is about a person's relationships. It measures how connected a person feels to others.

Definition: _____

7. So, kids can ask teachers or family members for advice. School **counselors** can help make goals and plans.

Definition: _____

8. Doctors spend years studying medicine. They have **experience** treating other patients.

Definition: _____

9. And unhealthy relationships have many **negative** impacts. They increase stress.

Definition: _____

10. To prevent these diseases, CHWs may work with schools. They may start programs that **promote** healthy eating.

Definition: _____

Which Definition? Answer Key

Note: In some cases, students may choose a different definition than the sample answer provided below. As long as their answer is feasible, that answer can still be counted as correct.

1. Many factors affect a community's health. Some factors are **environmental**. They have to do with people's surroundings.

Definition: Definition 1: The circumstances, objects, or conditions by which one is surrounded

2. Some types of health are about one person. But **public** health focuses on large groups of people. It measures how healthy a community is.

Definition: Definition 2a: Of, relating to, or affecting all the people or the whole area of a nation or state

3. **Physical** health measures how well a person's body functions.

Definition: Definition 3a: Of or relating to the body

4. And **therapists** can teach skills for dealing with difficult thoughts or feelings.

Definition: Definition 1: an individual specializing in the therapeutic medical treatment of impairment, injury, disease, or disorder

5. Access to **resources** often plays a role. For example, people who live in places without clean water are more likely to get sick.

Definition: Definition 1a: A source of supply or support

6. **Social** health is about a person's relationships. It measures how connected a person feels to others.

Definition: Definition 3: of or relating to human society, the interaction of the individual and the group, or the welfare of human beings as members of society

7. So, kids can ask teachers or family members for advice. School **counselors** can help make goals and plans.

Definition: Definition 1: A person who gives advice or counseling

8. Doctors spend years studying medicine. They have **experience** treating other patients.

Definition: Definition 2a: Practical knowledge, skill, or practice derived from direct observation of or participation in events or in a particular activity

9. And unhealthy relationships have many **negative** impacts. They increase stress.

Definition: Definition 1c: Adverse, unfavorable

10. To prevent these diseases, CHWs may work with schools. They may start programs that **promote** healthy eating.

Definition: Definition 2a: To contribute to the growth or prosperity of
