

HEALTH 9 WEEKS EXAM

Health Triangle:

1. What are the three types of health?
2. Give an example of each type of health.
3. How many hours of sleep should we get each night?
4. List two ways to deal with stress.
5. What could happen if mild depression is not dealt with?
6. List 2 ways to communicate with people.
7. List 3 refusal skills.

Health Triangle Vocabulary:

Health	Exercise	Mental Health	peers	public health
Lifestyle factors	Physical Health	health education	values	
health skills	communication skills	refusal skills	Social Health	
Self-esteem	stress	goals	action plan	

1. _____ Something you aim for that takes planning and work.
2. _____ The confidence and worth that you feel about yourself.
3. _____ People the same age that share a similar range of interests.
4. _____ The act of using your muscles to stay physically fit.
5. _____ Specific tools and strategies that lead to better and more informed health choices.
6. _____ A process through which you send messages to and receive messages from others.
7. _____ includes disease prevention and promoting health through good decision making
8. _____ The body's and mind's reaction to everyday demands.
9. _____ Techniques that help you refuse when you are urged to take part in unsafe or unhealthy behaviors.
10. _____ Deals with how we think, feel, and cope with daily life.
11. _____ The combination of your physical, mental/emotional, and social health.
12. _____ Personal behaviors and habits related to the way a person lives, that help determine his or her level of health.
13. _____ Providing of accurate health information in such a way as to influence people to change attitudes so that they can take positive action about their health.
14. _____ The way we react with the people within our environment.
15. _____ Multi-step strategy for identifying and achieving goals.
16. _____ Deals with the body's ability to function.
17. _____ Beliefs and standards of conduct that you find important.

Nutrition:

1. List the five food groups.
2. Give 2 examples of foods that contain whole grains.
3. Give 2 examples of foods that are carbohydrates.
4. Give 2 examples of foods that are protein.
5. Give 2 examples of foods that are fats.
6. What disease do most Americans die from each year?

Nutrition Vocabulary:

Recommended Daily Allowance (RDA)	Vitamins	Cholesterol	Nutrients	Minerals	Protein
Appetite	Nutrition	Obese			
Carbohydrates	Hunger	Fiber	Lipid	Glucose	

1. _____ Substances in food that your body needs to function
2. _____ a natural drive that protects you from starvation

3. _____ a desire rather than a need to eat
4. _____ When an individual is severely overweight
5. _____ the process by which the body takes in and uses food
6. _____ starches and sugars found in foods
7. _____ a simple sugar and the body's chief fuel
8. _____ a special form of complex carbohydrate found in fruits, vegetables, and grains...aids in digestion
9. _____ nutrients that help build and maintain body tissues
10. _____ a fatty substance that does not dissolve in liquid
11. _____ a fatlike substance produced in the liver of all animals
12. _____ compounds that help regulate many vital body processes including digestion, absorption, and metabolism of other nutrient
13. _____ inorganic substances that the body cannot manufacture but act as catalysts, regulating many vital body processes
14. _____ amounts of nutrients that will prevent deficiencies and excesses in most healthy people

Substance Abuse:

1. What is the most abused drug in the United States?
2. List 2 reasons why it is especially dangerous for teens to drink alcohol.
3. List 2 reasons why teens use drugs.
4. What is the number one gateway drug?

Drug Classifications:

Stimulant Illicit Drugs	Depressant Gateway Drugs	Synthetic Drugs Narcotics	Hallucinogen Cannabis	Inhalant
1. _____	Drugs that slow down the central nervous system.			
2. _____	Drugs that speed up the central nervous system.			
3. _____	Known as street drugs			
4. _____	a hallucinogen that has the side effects of both a depressant and stimulant			
5. _____	Drugs that often lead to other serious and dangerous drug use.			
6. _____	Drugs that are produced artificially in a laboratory.			
7. _____	Drugs that alter moods, thoughts, and perceptions			
8. _____	Drugs that have a sedative effect.			
9. _____	Drugs with breathable fumes that are huffed or sniffed.			

Sexually Transmitted Diseases:

1. What are sexually transmitted diseases (STDs)?
2. Why is there an STD epidemic in the United States?
3. Why are teens less likely to seek medical attention for an STD?
4. What is the difference between a bacterial and viral STD?
5. Are STDs always visible?
6. List the only way to prevent contracting an STD.
7. What does it mean to abstain from sexual activity?
8. What percentage of teens are sexually active?
9. Out of teens that are sexually active, what percentage has an STD?

STD Vocabulary:

Genital warts herpes	gonorrhea sexually transmitted diseases	syphilis sterility	epidemic	chlamydia	genital
1.	an outbreak of an infectious disease that affects a large population				
2.	spread from person to person primarily by sexual contact				
3.	inability to reproduce (have children)				

4. the most common bacterial STD
5. an STD caused by bacteria that affects the genital mucous membrane
6. bacterial infection characterized by a discharge or “drip”
7. blister like sores in the genital area
8. pink or reddish warts that appear in the genital area

Label each STD as bacterial or viral:

1. _____ Chlamydia
2. _____ Genital Herpes
3. _____ Gonorrhea
4. _____ HIV
5. _____ HPV
6. _____ Syphilis
7. _____ AIDS