

Health Final Exam Study Guide

1. Good social health means that you have good communication and refusal skills.
2. When setting goals, show respect for yourself and others.
3. A person who welcomes change, seeing it as a chance to grow would be classified as a hardy personality type.
4. Compared to a gram of protein, a gram of fat contains more than twice as many calories.
5. Animal fats and tropical oils are higher in saturated fat.
6. Washing hands before preparing, serving or eating food is a common sense guideline to follow to reduce the risk of infection.
7. Controlling body fat is more important than controlling body weight.
8. Good nutrition can help prevent chronic diseases.
9. Carbohydrates are the starches and sugars found in food.
10. Cholesterol is found only in animal products.
11. Fiber cannot be digested.
12. Two major devices that should be in every home to prevent fire damage are a smoke detector and fire extinguisher.
13. The type of burn in which all layers of skin as well as nerves, muscles, fat and bones are destroyed is a third-degree burn.
14. Immersion in cold water or placing ice packs around the neck, in the groin, and under the arms is recommended for victims of heatstroke.
15. About half of all poisonings occurring each year in the United States involve medicines or household products.
16. STD's are often referred to as the "silent epidemic" because people are embarrassed to discuss STD's.
17. Enzymes in tears and saliva are chemical barriers against pathogens.
18. Practicing abstinence from sexual activity decreases your risk of getting an STD.
19. Some STD's are incurable and even fatal.
20. Substances with breathable fumes that are sniffed to give a hallucinogenic high, resulting in severe health problems, are called inhalants.
21. Street drugs or those substances that are against the law for people to make, use, or sell, are all illegal drugs.
22. All of the following are true of regular marijuana use: loss of motivation, paranoia and lack of energy.
23. Teens often choose to drink because they think it increases their self-confidence.
24. When a person stumbles and has difficulty walking after consuming alcohol, he or she is intoxicated.
25. The ethanol found in alcoholic beverages is a powerful drug, the result of yeast acting on sugars; it is produced naturally by fermentation of fruits, vegetables, or grains.
26. People who chew or sniff smokeless tobacco become addicted to the nicotine.
27. Nicotine contributes to plaque build up in blood vessels, increasing the chance of hardening of the arteries.
28. A major factor in traffic accidents, homicides, and suicides for 16 to 24 year olds is alcohol use.
29. Cannabis smoke contains more carcinogens than cigarette smoke.
30. Anabolic steroid use can cause mood swings and rage.
31. Nicotine is the addictive drug in cigarettes.
32. A person becomes intoxicated if he or she consumes alcohol faster than it is oxidized.
33. A leading cause of death for teenagers is accidents from driving while intoxicated.
34. It takes medical assistance for an alcoholic who is in the addiction stage to stop drinking.
35. Using amphetamines leads to addiction.
36. Using legally prescribed medicine for nonmedical reasons is an example of substance abuse.
37. Physical endurance and performance are hurt by smoking.
38. Alcohol is a depressant even though it seems to give the drinker energy.
39. A person can become intoxicated even though there is food in the stomach.
40. One serving of whiskey, beer, or wine all contain the same amount of alcohol.
41. Pathogens can take the form of bacteria, rickettsia, virus, and protozoan.
42. Friendly bacteria is also known as resident bacteria.
43. Protozoan is most common in tropical areas with poor sanitation.
44. Strep throat is a bacterial infection.
45. When making decisions, you should first list your options and then weigh the outcomes.
46. The way you see yourself is a measure of your self-esteem.
47. Strategies for making better health choices are called health skills.
48. The first 5 minutes of an emergency situation are the most critical.
49. Hands only CPR involves chest compressions at the rate of 100 compressions per minute (to the rhythm of the song Staying Alive).
50. If not certified in CPR, it is recommended to administer hands only CPR.